



6th Allure Article - for Sunday, April 27, 2008

How Present Are You?

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The present moment is the only moment in which power and creativity are available. Peace can be found only in the present moment. In the NOW, there is possibility and energy. How many moments are you truly alive and present to fully experience life?

One of the key questions I face many times a day is, "Will I resist the present moment or will I flow with it?" The answer to this question determines the enjoyment I experience in life.

I first noticed my fierce resistance to life when I was working in a corporate management position. Initially, the position was exciting and fast-paced. I worked hard to develop our program, hire talented people, get them fully trained and develop an excellent department.

Several years into it I found things slowing down. I had a great team of people working for me and we had excellent business processes that kept the work flow moving. My boss knew that I didn't have much to do but wanted to keep me in the position so I could assist him with making strategic decisions.

My work dwindled to a point that I was never busy all eight hours of the work day. Some of you reading this might think, "Wow that would be great!" For me, it was torture. When I woke up in the morning I would dread going into work. I literally began to think of the clothes I wore to work as my jail uniform and the office I sat in as my jail cell.

I would often close my office door and pace the floor. The phrase that cycled in my mind was, "I hate this job. I hate it. If only things would change." I hated the situation but I felt that I had to keep the job so that I could provide for my family. I wanted change but didn't have the energy. I felt stuck. I was imprisoning myself by choosing to feel like a victim with no way out of the situation.

After months of misery at work, I read a book called *The Power of Now*, by Eckhart Tolle. It was exactly what I needed. The book taught me how often I judged, resisted and fought with the present moments in my life. I learned that the only moment we can truly impact is the Present Moment, the NOW.

When I watched my mind I found that 90% of the time I was living in the future, wishing for change to

happen. I would tell myself, "If only my circumstances would change, then I could be happy." I was pushing my happiness and satisfaction to a later point in time. I was missing out on enjoying my life right now.

When my thoughts weren't in the future, I was thinking about the past, feeling dissatisfied with where I was in my life and regretting decisions I had made. Peace, happiness and satisfaction alluded me, or should I say, I alluded them by never being truly present.

I was fighting my life. I was resisting my situation. I was missing out on the incredible gifts the present moment had to offer me. I was trapping myself in a jail cell.

I started to ask myself, "Is it possible for me to embrace this situation rather than fight it? Can I flow with the moment rather than resist it?" At first, this seemed impossible. But with the ideas I learned in *The Power of Now*, I figured it was worth a try. It certainly couldn't make the situation any worse.

1. If you notice yourself fighting the present moment, stop yourself. Take a few moments and breathe deeply. As you breathe deeply, repeat the phrase to yourself, "I am here Now. I live in the Now. I choose to enjoy my life NOW." Take a deep breath and go back to the moment with new energy.
2. Become more mindful of what you do. Take time each day to fully focus on what you are doing. If you are drinking a cup of water, engage all five senses. Feel the cup in your hands. Taste the water with your full attention. Listen as you gulp it down. Take a deep breath and enjoy the refreshment of the water. By using all five senses to fully focus on the activities we do we more fully experience and enjoy even the small things in life. Being mindful is a simple technique to bring you back to the present moment.
3. Be grateful. Another way to become focused on the moment is to make a list of all the things about your life that you feel good about it. Write them down on paper so you can see clearly all the positive aspects of the situations you are experiencing in life. Then do your best to stay in a state of gratitude throughout the day. There is always something to be thankful for!
4. Set a clear intention to be focused in the present. Take the time to write down your intention so that the Universe knows you are committed to a new approach to your life. By putting your intentions on paper, you energize them and you are more likely to remember them.
5. Look at the situation you are resisting with fresh eyes. Are there any new ways you could see things? Often when we get entrenched in thinking about our circumstances in a negative way, it is hard to shift our thinking. To see things in a new light, we must purposefully review the situation and ask the Universe to help us see new possibilities.
6. Post reminders all around you. Write **BE HERE** or **NOW** on a piece of paper and post it in locations where you will regularly see it. It's easy to get lost in thoughts

6. Post reminders all around you. Write BE HERE or NOW on a piece of paper and post it in locations where you will regularly see it. It's easy to get lost in thoughts of the past or future, so constant reminders are helpful to pull back to the present.
7. Find a friend to join you. It's easy to lose focus on our intentions to be present-minded. Talk to your friends about the idea and see if any of them want to join you in your intention. If they do, set a regular weekly time to check in with each other and see how you are doing in following through with your intention.

I set an intention to relax into the situation at work and flow with it. I wanted to transform my jail cell into a room of possibility. This intention brought about gradual positive change to each day. To start with, I decided to take more time to mentor my employees. I was training as a life coach on my off hours, so I decided I could practice my skills while at the office. I encouraged my employees to stop in my office on a regular basis so I could be of assistance to them. The time I spent mentoring my employees was rich, enjoyable and worthwhile. Although it didn't keep me busy eight hours a day, it did bring some joy and purpose to my week.

By flowing with the moment, I connected to beautiful potential and possibility that I hadn't been able to see when I was resisting the situation. I admit to you, there were still many days when I felt at my wit's end. I still had days when I struggled with sitting in that office and detested it. When I noticed the feelings of restlessness and dissatisfaction, I would acknowledge them. Then I would refocus my mind on thoughts that made me feel better - things I was grateful for in my life or dreams that excited me.

I opened the space for miracles to enter my life by endeavoring to be alive to as many NOW moments each day as possible. With focus, many days I was actually able to find deep peace, joy and satisfaction in my office.

What miracles and enjoyment are you missing out on because of the resistance you feel toward your current circumstances? Are you open to focusing more of your personal power in the present?

Each of us has 40,000 to 50,000 thoughts we think a day. The more of these thoughts that we can focus in the present moment, the more powerful, creative and effective we can be at creating a rich, enjoyable life experience.

Here are some tips to help you more fully enjoy each day and maximize your personal power:

Don't miss out on your life by living in the past or the future. Be here and now. Live each moment in life to the fullest!

Your assignment this week is to choose one of the above tips each day and put it into practice. Go for it! I assure you that you will benefit from these ideas IF you put them into practice. It's all up to you!

Take time to contemplate this Food For Thought as you embark on the week ahead:

The Eternal Present

The Journey you Desire is Unfolding.

You are Peace.

You are Love.

You are Power.

Keep connecting to your Truth.

Let Energy Flow!

No Holding Back--

Live with Abandon.

Let others see

Your passion,

Your beauty,

Your experience.

For it will

Help them

To know

How to find their true selves.

Past & Future don't matter.

There is Only Now--

The Eternal Present,

Full of beauty.

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