

Living In the Moment 12/26/06

It's really challenging to get up every morning and be in the moment. We have so many responsibilities, so many people that depend on us, so many things that get in our way of progressing smoothly through the day.

The key to being in the moment is to accept where you are at any given time in your life. The key starts with not being resistant to your own life as it is happening. Eckhart Tolle's book [The Power of Now](#) illustrates the freedom that can occur in your life when you live in the moment.

I firmly believe that everything happens for a reason. The whole "hindsight is 20/20" comes in to play so strongly in my life. I'm certain that if you look back over your life in its entirety, things that seemed like problems actually were blessings in disguise. It also depends on your attitude and outlook. If you look for the blessings, you will find them. I guarantee it. They are there.

Accept each moment of your life for what it is. Stop being so overly concerned about your future or what happened yesterday. When you can live in the present moment, all of that noise in your head can actually become quiet, or at least less overbearing. Just notice the thoughts that start replaying themselves over and over and replace them with something positive, a warm memory or something humorous. Become aware of your surroundings and notice the beauty and awe in the perfection of life. The more you do this the more you will notice and more peace will inevitably fill your life. When you are more peaceful everything is easier to deal with.