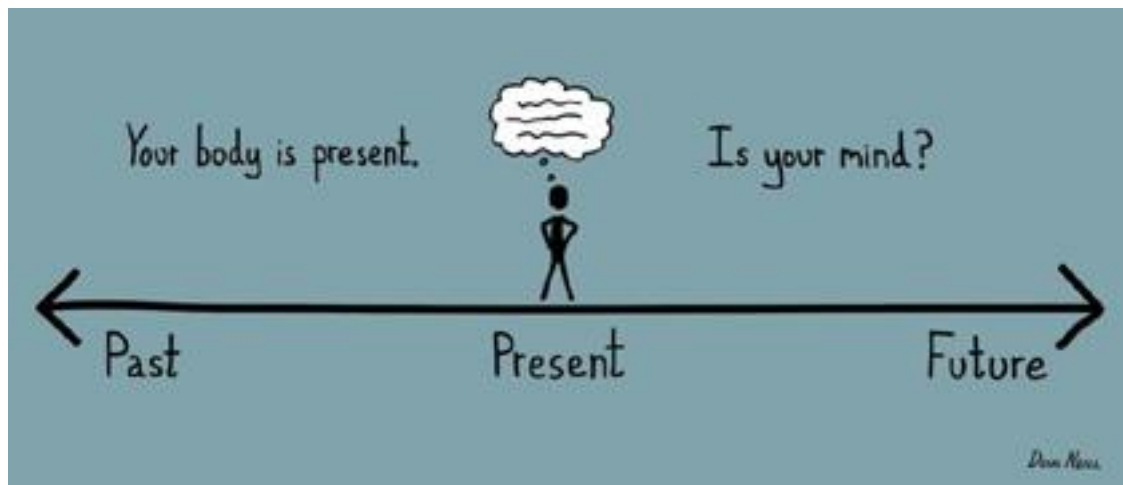


Mindful Practice Group Worksheet – February 2017

Living in the Present



About Living in the Present

Living in the present is one of the most fundamental practices of mindfulness. So many of us ruminate about the past or worry about the future. Mindfulness teaches us to live in the present, wake up, smell the coffee, feel the breeze and let it be. It sounds great, and as easy as A, B, C but in reality if you've been living in the past or present for a long time, it can take a real shift.

There are lots of reasons why people live in the past or the present; to cope with difficult childhoods or relationships, to avoid acceptance of what is happening to them, stress, depression, many other reasons. To get started with living in the present, all you need to do is to start noticing things around you. Be truly present for a conversation with a partner or a friend. Put your phone down and listen. Being present is easier to practice in nature as there is lots to concentrate on. For example you can feel the breeze on your face, watch the birds and listen to their song, feel the springy grass under your feet. The more you practice, the more it becomes a habit.

Group discussion

What does living in the present mean to you?

Can you see areas of your life where you used to live in the past/future where you now live in the present? How have you changed these?

What are the biggest challenges for you in living in the present? What are your biggest successes?

Exercise to try at home

(From <https://www.enthusiasticbuddhist.com/10-mindfulness-exercises-help-live-mindful-life/>)

Notice 5 in 3 – See, Hear, Feel

1. Every now and then, challenge yourself to find five things that are part of your present experience. First notice five things that you can see with your eyes. They don't necessarily have to be interesting; it might just be just a table, the carpet, the TV, a cup, and a plate in front of you. The aim is simply to bring your full awareness to your experience now in the present moment.
2. Then notice five things you can hear. Keep listening until you've distinguished five different sounds.
3. Then notice five things you can feel with your body. These might be the pressure of the couch, the material of your clothes, a slight breeze, tension in your neck, or air breathing into your nostrils.
4. Then just rest your mind in this present moment awareness which you've just cultivated, and remain in that awareness for as long as you want. Then mindfully go back to your tasks.

Meditation

Blissful Present Moment awareness -

<https://www.youtube.com/watch?v=65XPqRhmN20>

Guided Mindfulness meditation on the present

<https://www.youtube.com/watch?v=WHU2sjyD5MM>

Links

<http://tinybuddha.com/blog/5-practices-help-live-happier-present-life/>

<https://zenhabits.net/relax/>

<https://zenhabits.net/presence/>

<http://www.becomingminimalist.com/10-tips-to-start-living-in-the-present/>

<http://www.pocketmindfulness.com/live-in-the-present-moment/>

<http://tinybuddha.com/blog/living-in-the-now-when-its-stressful-4-mindfulness-tips/>

