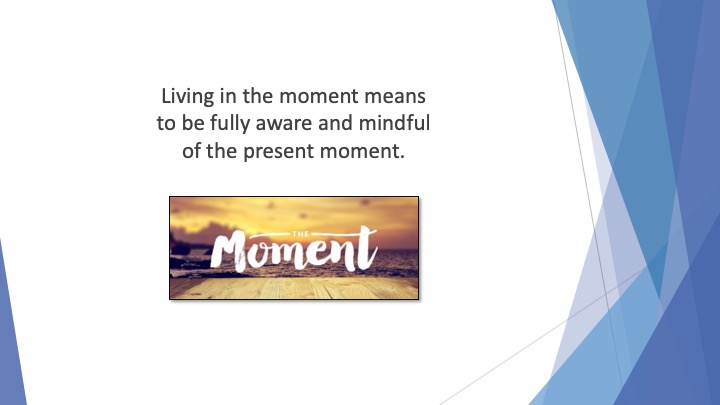
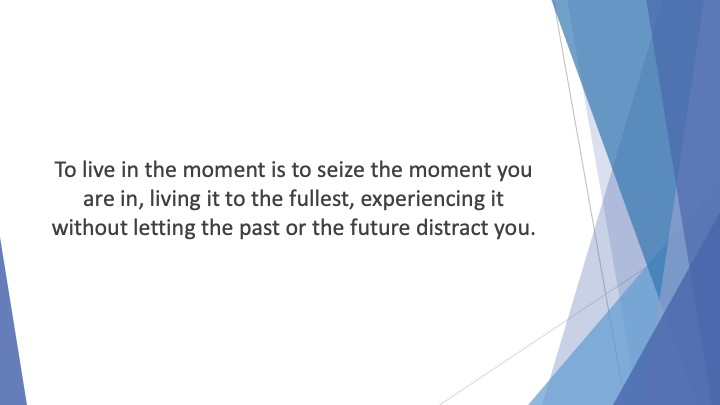
**Chapter 6: Live In The Moment**



**S1** : In this video, we’ll talk about “Live In The Moment”

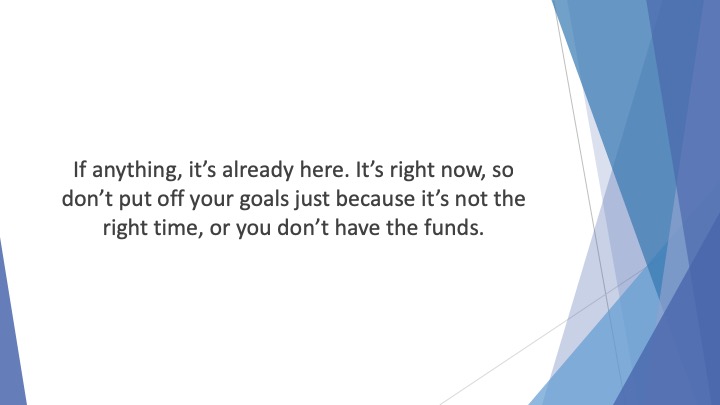


**S2** : Living in the moment means to be fully aware and mindful of the present moment. It may involve some effort on your part as it means not dwelling unnecessarily on the past, or being overly anxious about the future.

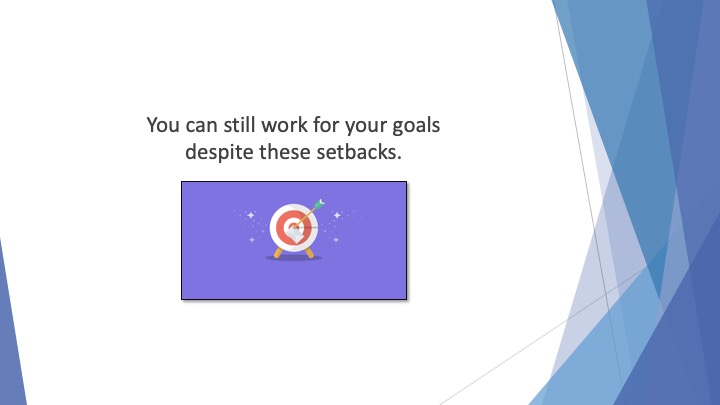


**S3** : To live in the moment is to seize the moment you are in, living it to the fullest, experiencing it without letting the past or the future distract you.

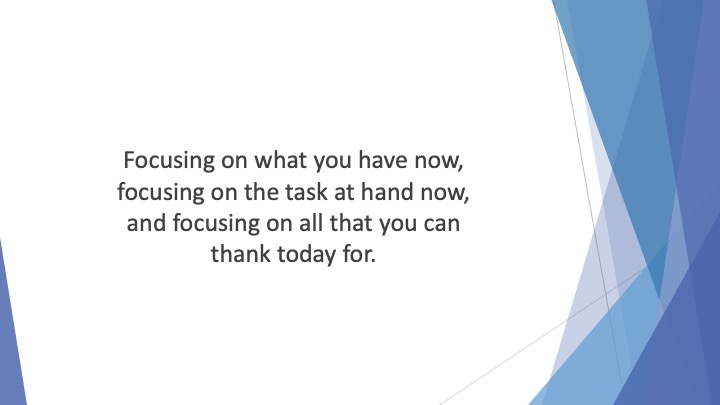
In fact, living in the moment means acknowledging that “someday” will never come.



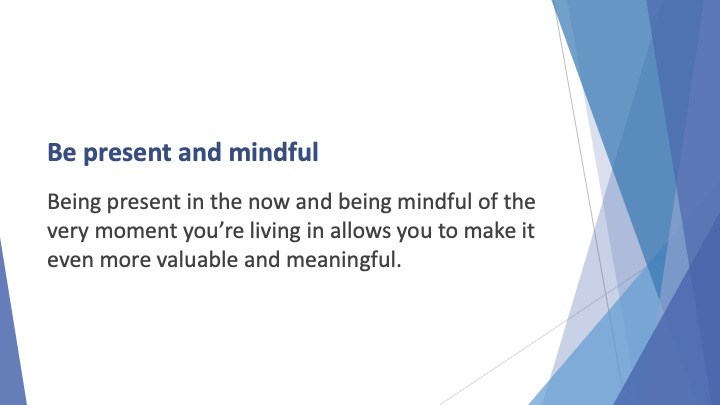
**S4** : If anything, it’s already here. It’s right now, so don’t put off your goals just because it’s not the right time, or you don’t have the funds.



**S5 :** You can still work for your goals despite these setbacks. The time may never be right unless you’re prepared for it. So prepare right now.



**S6 :** This presents the entire idea of living in the now, and not just 'living' it, but realizing the importance of it, giving it the emotions and thought that it rightfully demands. Focusing on what you have now, focusing on the task at hand now, and focusing on all that you can thank today for.



**S7 : Be present and mindful**

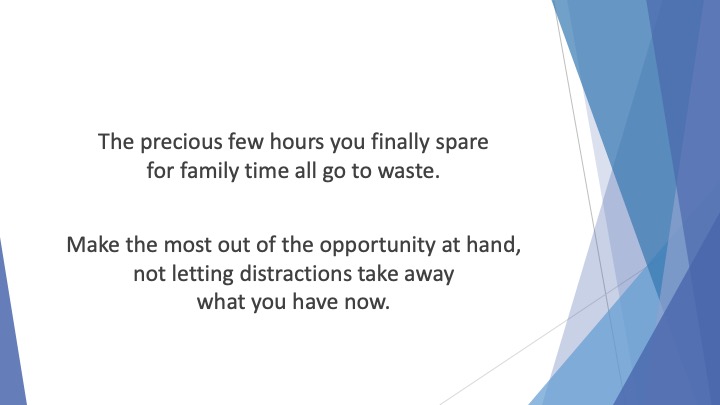
Being present in the now and being mindful of the very moment you’re living in allows you to make it even more valuable and meaningful. Instead of pondering over the past or worrying over the future, make the most of the present.



**S8 :** If your goal is to spend more quality time with your family, then do so.

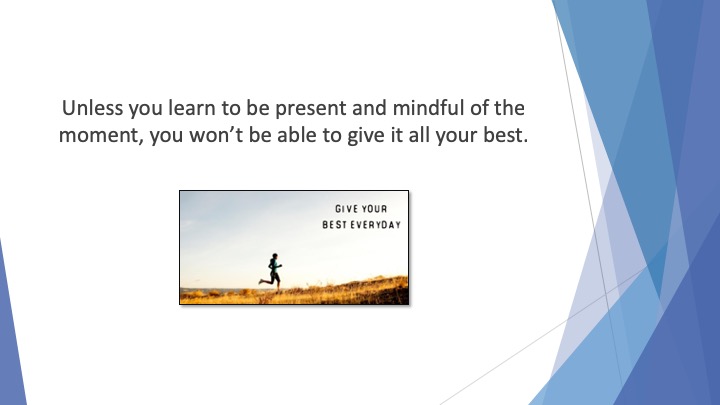
Say you’re in a family gathering, but instead of giving family the attention they deserve in the moment, your eyes are glued to the phone screen, your ear not paying attention to what the person sitting next to you is saying.

You nod your head every once in a while without paying attention to what has been said at all. Even if the phone is put aside, the mind still remains occupied with it.

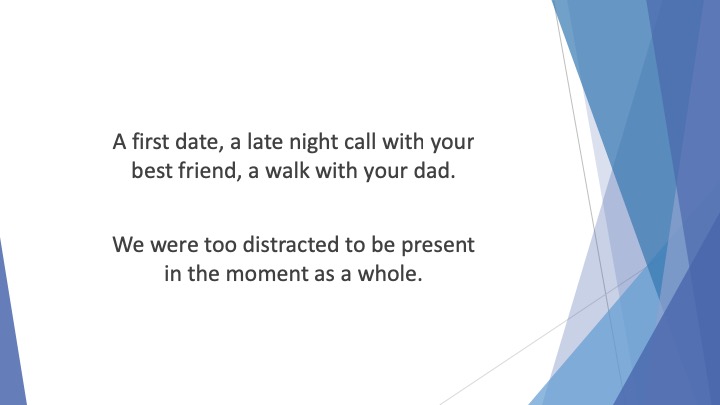


**S9 :** The precious few hours you finally spare for family time all go to waste. And you have with no clue when you’ll be able to spare some time for them again. Instead, seize the moment. Live it and be mindful of it.

Make the most out of the opportunity at hand, not letting distractions take away what you have now. Feel the moment, and embrace it.

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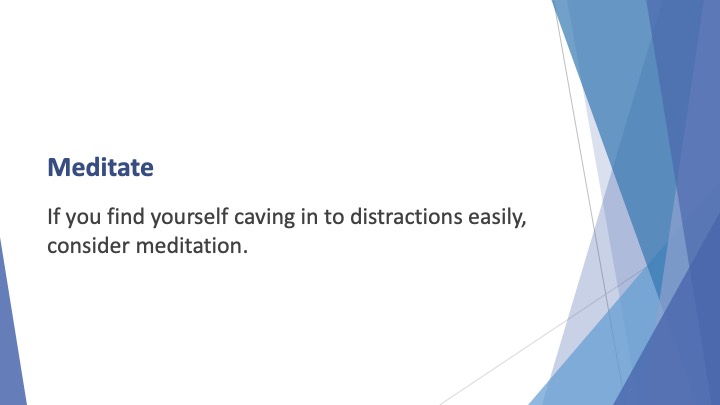
**S10 :** Unless you learn to be present and mindful of the moment, you won’t be able to give it all your best.



**S11 :** A first date, a late night call with your best friend, a walk with your dad. We do it all, but we don’t give it our all. We’re incomplete when all these moments slip through our fingers.

Just because we were too busy being in so many places, states and moments in time to be actually present.

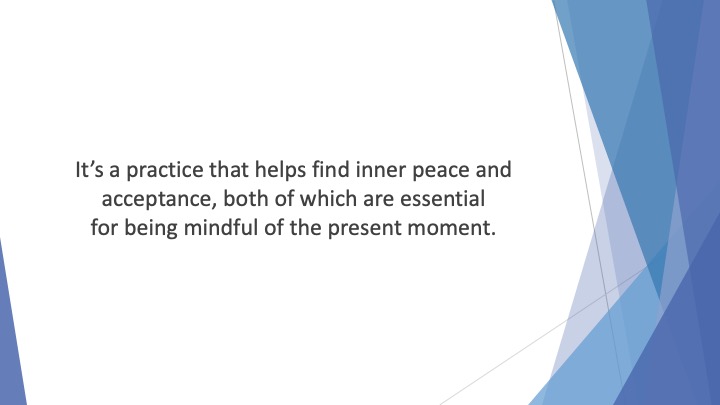
We were too distracted to be present in the moment as a whole.



**S12 : Meditate**

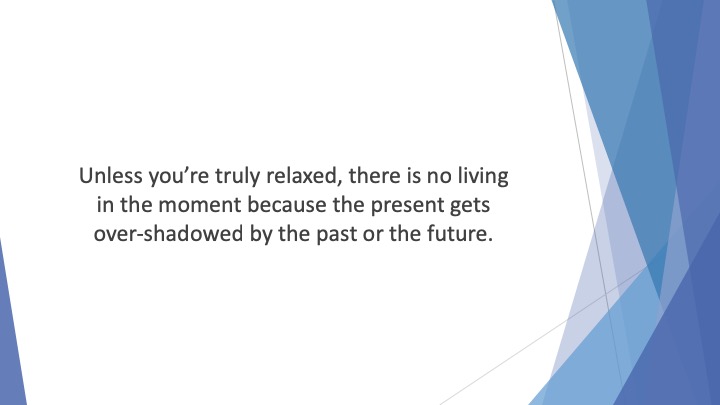
If you find yourself caving in to distractions easily, consider meditation.

Meditation can be very helpful in learning how to live in the moment.

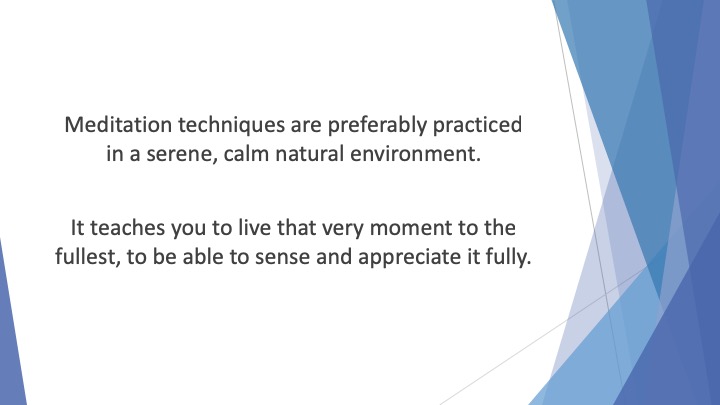


**S13 :** It’s a practice that helps find inner peace and acceptance, both of which are essential for being mindful of the present moment.

It’s also a great way to relax so that you’re able to let go of all the stress, anxiety and thoughts of the past or future that haunt you.

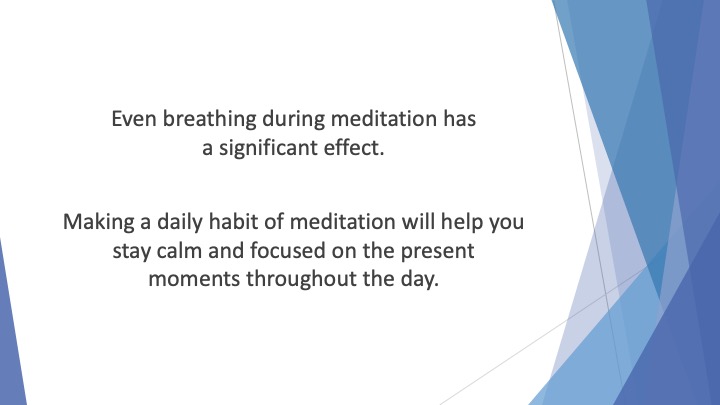


**S14 :** Unless you’re truly relaxed, there is no living in the moment because the present gets over-shadowed by the past or the future.



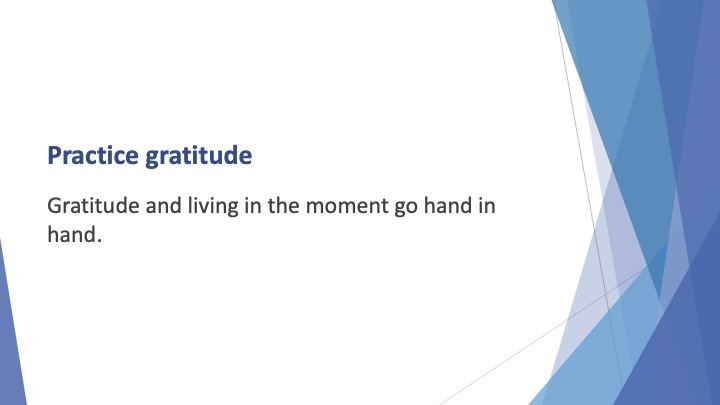
**S15 :**  Meditation techniques are preferably practiced in a serene, calm natural environment. Think of times or places like early morning, near a lake or in a field, where there are no beeping phones, or honking cars; just the consistent melodic sound of water and the birds chirping.

Meditation would require you to focus on these, slowly tugging away at all the thoughts that had occupied your mind. It teaches you to live that very moment to the fullest, to be able to sense and appreciate it fully.



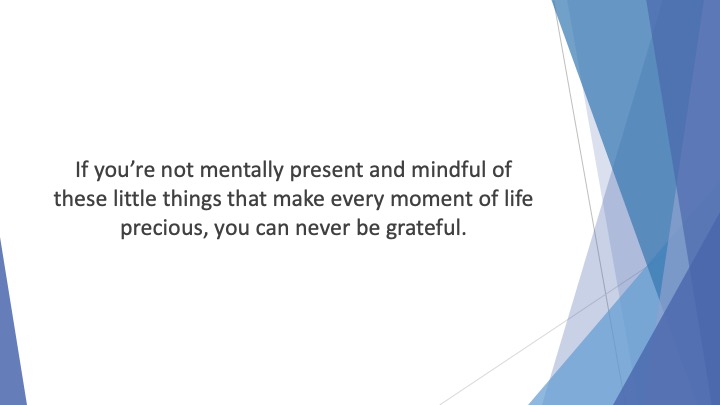
**S16 :** Even breathing during meditation has a significant effect. Deep and relaxing breaths help you feel like you are taking in positive energy and getting rid of negativity burdening your mind. With a couple of deep breaths, you can feel the relaxation and peace take you over, so that you’re able to enjoy those moments of peaceful solitude.

Making a daily habit of meditation will help you stay calm and focused on the present moments throughout the day.

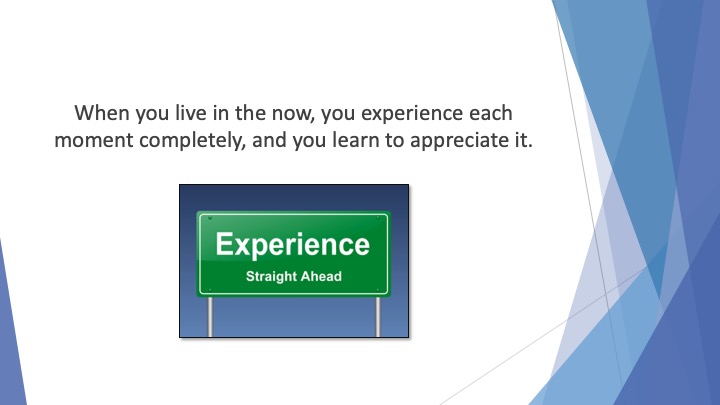


**S17 : Practice gratitude**

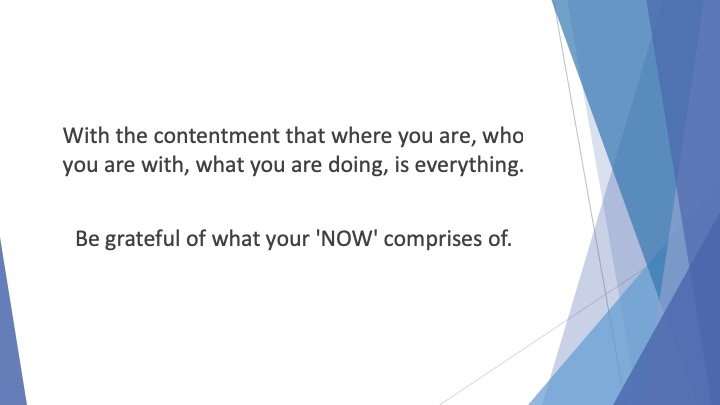
Gratitude and living in the moment go hand in hand. Without living in the moment you can’t be grateful for the little things that make life worth living. A witty answer, a hilarious joke, that first bite of a delicious steak, the patter of rain against your window, the giggle of your child when he sees you.



**S18 :** If you’re not mentally present and mindful of these little things that make every moment of life precious, you can never be grateful.

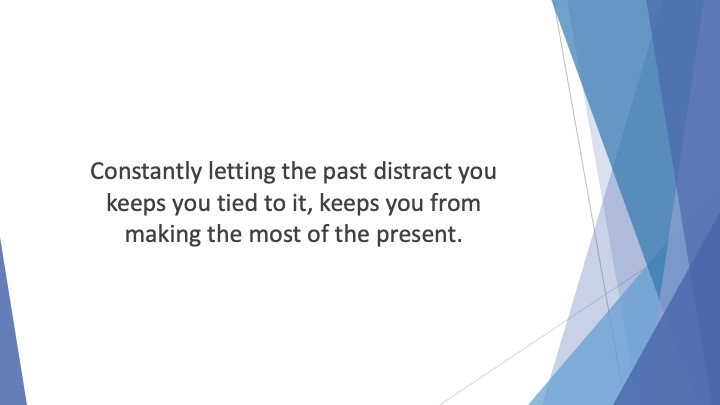


**S19 :** How can you know the worth and value of these things if you’re too lost in the past or worries of the future to live such moments? When you live in the now, you experience each moment completely, and you learn to appreciate it.

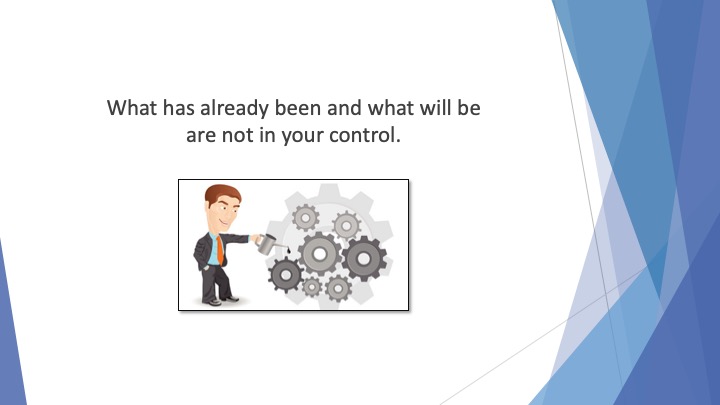
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**S20 :** Be happy with what you have now. With the contentment that where you are, who you are with, what you are doing, is everything. The realization that what is in your hands right now is the best. Without thinking “hey, it would be better if...” or “this is good but…”Learn to be grateful of what you have without any ifs or buts.

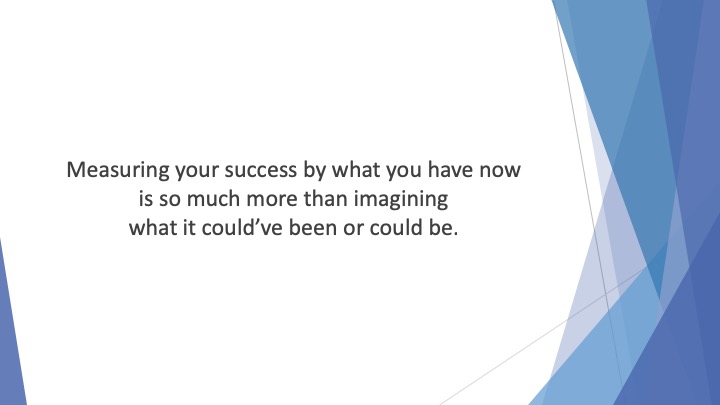
Don’t waste away what you have by thinking of something you once had and lost, or by wishing of something you may never have. Be grateful of what your 'NOW' comprises of.



**S21 :** Constantly letting the past distract you keeps you tied to it, keeps you from making the most of the present. And constantly thinking of the future, of what could be, what could have been, all these thoughts do not change what has happened can’t help you decide what happens in the future.



**S22 :** What has already been and what will be are not in your control. But it is in your control to live in the moment, to enjoy the present, to live every moment in a way that makes it count.

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**S23 :** Measuring your success by what you have now is so much more than imagining what it could’ve been or could be.