

TogetheriCan

28

August

MINDFULNESS DEVELOPING METHODS - WHY IT'S IMPORTANT

Mindfulness – becoming aware – *living in the NOW!* The Present!

It is our tendency as human beings to **reflect on the past** quite often—**regretting mistakes** that we've made, reviewing those decisions that now, using 20-20 hindsight, make us aware that we could have made better choices, playing “what if” games! All of these thoughts from the past, most leading to regret.

The other tendency of human beings is **to plan the perfect future**. We wish we had become something different and make plans based on those wishes. Becoming fearful that we are inadequate to process or make those wishes come true, we take no action.

The answer to overcoming the regret of the past and the fear of the future is to **bring ourselves into the NOW**.

We cannot change the past. However, if we **learn from our mistakes**, it will help us from making the same mistake over and over again.

By recognizing our mistakes, it can change decisions we make in this present moment and they can more accurately reflect our new nature.

No one can accurately predict the future. We may be gone within the next few moments, the next few days, months or years. No one knows when! Therefore, **when it comes to the future** we can make plans, develop some goals to act as stepping stones as we implement them, but **we can only make decisions in this instant** that will take us in that direction.

Many people get caught up in the plans and goals and refuse to accept detours— changes that may make our life better.

The detours always happen in the present moment.

The only way that we can **become aware** that we need or require a course correction is to become aware of who we are, what we are, and where we are!

This requires **mindfulness!**

People will spend hours in the gym conditioning the body, making the muscles stronger.

They spend very little time, possibly seconds, on mindfulness. **Few individuals consciously choose to shut down the chatter of the committee in the mind**. Very few people even believe that it can happen and are unwilling to try.

Practicing any endeavor will make us better. That statement is true whether we practice it physically or just mentally.

The path to shutting down the mind and quieting it so that you can listen to God **requires practice**. The **name of this practice is meditation**.

This may require an individual to change their definition of meditation. Because of some teachings, that word meditation has a bad connotation attached to it.

Becoming mindful and aware of old beliefs and stuffed feelings is not a bad thing. Only by developing awareness (using mindfulness) of **WHY** we do something, which seemingly happens automatically due to the habits we've developed, will allow us to make decisions, using discernment, to change those disabling beliefs and habits.

You can't be mindful in the future. How can you be mindful of something that is yet to happen?

You can't be mindful in the past. The past is a done deal. You may reflect on the past, but being mindful is impossible.

Mindfulness can only happen in the PRESENT!

May you start down your path to mindfulness today.

Need assistance, give us a call or email us!

Together (with Meditation) i Can

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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