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# Table Of Contents

Foreword

Chapter 1:  
Acceptance

Chapter 2:  
Setting Goals In The Now

Chapter 3:  
Change Thinking

Chapter 4:  
Concentrate

Chapter 5:  
Mindfulness

Chapter 6:  
Notice This Moment

Chapter 7:  
Have Faith

Chapter 8:  
Final Thoughts

## Foreword

*Consider our youngsters; they do not have a care in creation as they live for the moment. I question why we don't learn from youngsters instead of going between past tense and future tense. Recognizing that the past is defunct can't be rewound and the time to come is yet to come along. Human beings by nature feel comfortable and unquestioned in memorizing past and designing future. May we ever augur precisely what will occur in the next minute? Yet our brain never stops supposing and planning future illusions. Some one has justifiably stated, 'Are we only worried with adding days to our life, and forgetting to add life to our days'?*

*Present Power*

*Harnessing The Moment For Maximum Results.*

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# **Chapter 1:**

## *Acceptance*

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# Synopsis

*Living with acceptance isn't effortless.*

## **Reality**

One needs to bear courage since human beings by nature are in the habit of labeling, criticizing, giving alibis and finding flaws. Acquiring a mind-set of acceptance assists us in marching on in life. Likewise do not dream about what you are going to do once you make a lot of money, have a lot of time for meeting desires and wants and so forth. Beleaguered by life's complexities, we draw a blank when it comes to feeling the instants that make up a day.

It is more common for us to state "When I have bunches of income, I will make sure I do this and that". However what stops us from bringing in that income at present. Holding off depicts our favor for future tense over the present tense.

As an alternative, center energies in what you have right at present and make the most use of it. Being in the past is a great pass time particularly if the past was more beneficial than the present. We are overly glad to share with individuals "I used to be this and that. We had a huge ancestral house and so forth". But these realities are irrelevant in the present tense context. No body is concerned with peeping into our past.

Individuals assess us on our present tense. Our thinking of past is only a distraction. Yes future tense is hope. Remember just hope. We are not certain whether that hope will happen or not. Accepting the final result of our efforts and not equating it with our expectations helps in coping with the reality.

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## **Chapter 2:**

*Setting Goals In The Now*

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# Synopsis

*In order to execute work (karma), the arranging of goals takes on a grandness.*

## Goals

If for a minute if we think a goal free life, living would mean aimless wandering. Even older individuals have a goal to stay and continue being fit. The idolized saints have a goal of self-realization. Our life goals allow for us to have a mission to live to accomplish these things. We don't day in and day out live for ourselves solely.

When we set goals whether these are personal/ loved ones or work associated, it is part of our duty to carry through with them. All the same, it is practically inconceivable to accomplish long-run goals in the present tense. Preparation of course is conceivable in the present tense. The aim of our goal setting should not be linked up with future tense. It should act as an aid in bettering our quality of life and centering in the present. Of course when goals happen, these rightfully become more realistic and bring in the sought after results.

Embracing a goal-setting mind-set in the present tense at first appears hard. As we practice, it will get to be a part of our total objective of living in the present. The long-run goals might be broken into components for easy acting upon and accomplishing. Set about the part of goal which is of interest at that minute instead of rushing on to a different part of the goal.

When living in the here and now, do not rush forward, as an alternative follow your instincts. Preparation of goals and working on these has really got to be open-ended. Somebody has justifiably stated that 'goals have to be arrows down a possible course, but not the course itself.'

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## **Chapter 3:**

*Change Thinking*

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# Synopsis

*Living in the here and now expects us to have detached thoughts, feelings, notions, and emotions of past tense or future tense and come with a fresh thinking pattern and desires.*

## **Don't Fret**

Living in the here and now, step by step leads us to live every day with regenerated vigor and a calm mind crucial for a healthy and happy living. Our Life travel becomes effortless and turnarounds ahead get to be manageable. I am reminded of a quotation, "If you're not certain you made the correct decision, then make the decision you made correctly". Living in the here and now does not propose delaying maneuvers to avoid decision making for dread of turnarounds. It instead promotes making decisions in the here and now.

Errors are bound to happen which may be rectified at another time. Living for the time being calls for attending to tasks at hand instead of leaving these for tomorrow. Because there might or might not be a tomorrow.

For instance conceive of the possibility that we're told that the Earth is coming to an end today at twelve midnight. Our quick response would be fright and deep concern for getting to be near our loved ones. But after some time we will recognize that everybody is going to pass away. Why fret? From time to time several concerns or troubles might occur at the same time. Attempt to refocus on the trouble/ task at hand at that very instant. Recurrent practice will help in acquiring skills for handling one issue at a time.

The big picture. When you're having problems looking on the far side of the little things that are getting to you, there's a good chance you aren't looking at the greater picture. This greater picture is any state of affairs; all you have to do is look for it on a regular basis.

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Understand that they are small things. The more you minimize the size of the thing you're having problems with the better you will feel about the total situation. If it's something that somebody else may take care of, let it be. Do not try to command every little matter in your life, or you might wind up losing your mind. Sit back and don't fret.

Let it depart. If it is no use to you any longer, let it go with assurance and ease, do not allow it to steal back in by giving it power. These things might come in different forms, so be on the watch out for whatever form they may come in. Let it go and move ahead.

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