



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts  
for Wellness Professionals**

Living in the Moment

# Living in the Moment

You might have already heard about the term, '**mindfulness**' which has swept over the world in recent times. It's considered to be an effective way to reduce stress, raise self-awareness issues, enhance emotional intelligence, help you work on emotive and behavioural processes. Most importantly, it's about increasing your fulfilment levels by being in the now. This ancient practice involves bringing awareness to your current moment - **here and now**. This is about living in the current moment with openness, curiosity and plenty of flexibility.

We all do have our own set of problems. These are the problems that weigh us down and we unknowingly carry these around for days, weeks, months or even years! Imagine these problems and worries are filled in a backpack and loaded on your shoulders. Walking around with them actually brings no change in your life. You feel extremely tired, dejected, fatigued and instead of finding solutions, you see your problems loom larger over your mind than they actually are. Loss of sleep, appetite, disinterest in life...Do you find these symptoms familiar?

It's natural to look back and feel some amount of pain from your past. It's natural to feel worried about your future. The problem happens when you cannot achieve the fine balance between **living in the moment** and actively working towards your goals, without the burden of this weight.

Living in the moment takes ample practice. Once mastered, this art of living in the present moment will help you lead a fuller life where you can learn to appreciate the beauty in everything. Practising mindfulness to live in the moment is not only about meditation, but it's also about the habits you develop to adopt this lifestyle, and train your mind to focus better.

To be in the now requires practice. You need to be able to savour this particular moment. Your ability to pay attention to the small things needs to be honed. Go for a walk. Notice nature around you. Be **thankful** to all. It can be as simple as completely focusing on the task you are doing now, such as listening to me speak. Without any worries or inhibitions. **Complete focus** as I speak.

We all need to learn to put the brakes on our worries. And, learn to **smile** more often. It makes you feel happy. Smile because you will learn to appreciate life in the moment. Smile and help people around you. It's those selfless acts that are spontaneous that will bring a **warmth to your heart**. Practice gratitude and you'll witness a change. Much harder than it sounds! But, do not worry because worrying does not change the situation. Every moment spent in worry is a moment lost.

Our Mindfulness Living session will begin in a moment. My aim is to guide you to this stage of living in the moment, making it easier for you to take each day with the utmost joy and **gratitude**, helping you spread love all around. So, as a part of our session, you can begin to learn to live in the moment by noticing all the little things around you. For e.g. you can go for a walk in nature and note down things that made you happy.