

Present Moment Awareness: Part 2

By Gayle North

*"When you come back from the past or the future, the present will be here, waiting."
- John Roger author of "Life 101"*

How much time (that precious commodity for getting what you want) do you spend thinking about or RE-membering unpleasant experiences of The Past, having the feelings associated with them? Feelings like guilt, shame, anger, grief, remorse, sadness and self pity, are usually linked to the past.

By recalling these experiences, we bring the body sensations associated with them in to our present moment. The body sensations ARE the feelings – whatever we name them. That ball of lead in the stomach, those flutters or tightness in the chest – these sensations are the REAL feelings and they are messengers trying to get our attention so that healing can take place

We also know that, anytime we want to, we can feel good now by recalling pleasant experiences from the past. To feel good now, we can also notice and focus upon things we are happy about, or thankful for, in our life at the right now. Compare these body sensations, the warm, still, comfortable sensations to the ones we discussed above.

The Big Lie – "Just Think Positive Thoughts!"

It seems logical then to just replace the unpleasant thoughts with pleasant thoughts. "Just don't think about the bad stuff," we've been told. Don't we all wish it were that easy!! The problem, as you already know, is that "feelings buried alive never die". In fact that is the title of a very popular book. Because the feelings are still there in our body festering like an infection, underneath our facades and masks, they continue to taint our relationships, our success, and our energy. Some behavioral scientists say that around 90% of our responses and reactions are related to, or driven by, our programming that developed from experiences of the past.

We cannot by-pass our emotional/psychological work without continuing to suffer from the old familiar feelings that stop us from being all that we are capable of being. If you seem to be stuck in, or periodically returning to certain feelings, you may want to explore the body sensations with interest and curiosity. These sensations represent blocks or disruptions in your body's energy system. Just noticing and exploring the sensations themselves helps to release them. The blockages can be easily corrected by working with an experienced coach or counselor who will assist you with painless new change technologies to acknowledge the feelings so that you move naturally and comfortably into a state of emotional freedom.

If you would like an article about EFT (The Emotional Freedom Technique), a way to facilitate the process of living in the moment by simply removing the blocks or disruptions in your energy system, I would be happy to send you a copy by e-mail or regular mail if you get your address to me. You may also explore www.emofree.com and call me if you are interested in learning EFT so you can use it yourself to move toward Emotional Freedom.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone. changeiseasy@montanasky.net www.PositiveChangeInstitute.com