

Savour the Moment Video Synopsis

- First, just be present wherever you are *right now*.
- Savouring the moment first means being fully present- tune into your senses, bodily sensations, whoever you are with, and notice your thoughts without following them.
- Let your experience be vivid.
- This is basic mindfulness plus full appreciation for your experience- like delicious food you don't just wolf down. Linger with the taste of your experience.
- Savouring includes both pleasant and unpleasant experiences. We can slow down and appreciate both.
- This doesn't mean clinging to experiences. They will come and go. Eventually we swallow even delicious food.
- Savouring unpleasant experiences can be useful, as we might be allowing something to get worse because we are ignoring it. If we let an unpleasant experience be vivid, we might be motivated to do something about it if we can.
- You could amplify savouring practice by imagining you will be dead in 2 minutes. When will you die? How long can you put off being fully present in your life?
- Savouring requires no additional set aside time to practice. Most personal development activities do require a time commitment, i.e. meditation, exercise, journaling, reading, watching personal development video on YouTube, workshops, etc. You can do it at any time during the course of your ordinary daily life. No excuses.
- Savouring practice is like a musician practicing musicality. It is not a new trick; it is "listening" deeply for the musicality, beauty, and depth of your life now as it is.
- How to do this is *not* complicated. It is fully being with what is, whatever it is. You can savour your own confusion.