



Present Moment Magic

by Dede Lyons

Are you living in the present and capturing the magic or are you spending most of your time regretting the past or worrying about the future?

There has been a plethora of literature and research over the past decade on the importance of practicing mindfulness. The experts say being present is the best place to be for our mind-body-spirit wellness.

This Buddha quote sums it up: “The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”

So why is it so hard to stay engaged in the moment? Some of the top reasons are: monkey mind, overwhelming to-do lists, over-watching the news, excessive screen time, etc. When you realize just like all new hobbies, being in the here and now takes practice like golf, tennis and yoga. Even more important, when you discover it's vital for your emotional well-being, you will jump on the present moment bandwagon!

With the current mental health crisis permeating our country, predominantly with our children, we all need to find ways to alleviate stress, depression, anxiety and loneliness.

I find the quickest way to lift myself out of a mokey mood is to delve into nature, totally immersed in the moment looking for the magic. I put on my fresh eyes and look at the world through my childlike wonder. Then I'm sure to spot that beautiful bird nesting, the colorful butterfly fluttering or the bee pollenating a flower.

These lovely creatures are my guides, always present and not mired in past or future issues. Instantly I notice my spirit lightens significantly as I become lost in their singular purposeful behavior. Fully engaged I feel grateful for this spell binding moment with mother nature's miracles. Their actions reminds me to align with my own purpose and passion: to be loving, kind and compassionate. This is exactly where the magic lives!

Here are my six **Feel Good Express Daily Mindfulness Tools** to help you stay in the here and now.

Morning Papers: Write your worry and doubt list and shred it every morning. This exercise clears out negative clutter in you mind and grounds you in focused attention.

Gratitude List: Write five things you are grateful for and make two about what you love about you. This keeps you in gratitude mode and always lifts your spirits.

Give & Receive Love: Reach out, give hugs and say loving words to your support group. Love always anchors you in love.

Meditation: Sit still for 15 minutes and listen to your breath and observe your thoughts go by. Meditating gives you feelings of stillness, peace and calms your mind.

Journaling: Write your thoughts and feelings down often to connect with your higher knowing and your angels. Feeling your feelings embeds you in the now.

Nature Walks: Turn your focus to being aware of sights and sounds as you walk. Being absorbed in nature puts you into the feel good space of deep full presence.

So the next time you feel blue, check in and see if your thoughts are connected to the present, past or future. Then practice one of my mindfulness tools.

As you dive back into the stream of fresh eyes enchantment make this the most magical moment of your life.

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