

Wellness from Within - November 2005

Enjoying the present By Jennifer Powers

We live in a culture of abundance. We have been programmed to believe that more of anything is better. More money, more free time, more sex, more food, more electronic gadgets, is all better. And speaking of better, we could always have something better than we have right now. Better jobs, bosses, bodies or love lives are all desirable. We seem almost insatiable. But what would it look like if we could find joy and beauty in what we already have. Imagine the possibilities if we removed from our lives the desire for *more* and *better*. Releasing these "wants" opens us up to a different kind of abundance.

The key to making this happen is to be fully present. This means finding beauty in each moment as you experience it. Ignore the temptation to look to the future for what will be or what you'll have. Instead, focus on *right now* and find pleasure in it. There is abundance in the present. Try being fully present at work without constantly thinking about what you'll do when you get home. You'll be more productive and resent your time spent there a lot less. Eat a piece of chocolate without worrying about what you'll do later to work it off. Focusing on the deliciousness of it and savoring the moment will make the experience of eating it more fulfilling, so you might not need to grab for...*more*.

Changing your mentality to become fully present, however, is not accomplished overnight. But there are small steps you can take to kick-start the process. When you find yourself wanting something more or something better, stop and ask yourself: *What is positive about my situation as it stands? What can I gain from this right now?* Or try taking five minutes each morning to list the things you are grateful for that day. Your list might include how the rain gives life to your garden or how alive your hot cup of coffee makes you feel, or even how lucky you are to have a job, albeit one you're not thrilled with.

Allowing yourself to celebrate the present is empowering. It can help you overcome the tendency to focus on what you don't have, and find true abundance in what you do have. This is when a great shift occurs. Soon you may come to realize that all you have right now is really all you need!



Quotable Quote: "Celebrate and appreciate each moment for what it is and for what it brings you." –Anonymous