

Chapter 1 : How to Live in the Moment: 11 Steps (with Pictures) - wikiHow

Living in the Present Moment can bring fruits for future. But mourning about the past will do harm for future. I have been going through many articles like this and trying to change my mind.

Sometimes she emerged from the smoke of a bonfire at the end of the garden. The bonfire this afternoon was higher than my waist. I needed my raincoat, hat and boots in this chilly autumn weather. I dropped the matches as I tried to bend into the centre of the laid branches. I thought I might fall as I held onto the upper branches of the bonfire, scrabbling in the darkness. Should I be doing this kind of thing at my age? I follow Fred into the dark room, as he calls it. Fred is only a few years older than me. My eyes slowly grow accustomed to the red glow of the safety light. I can see the outline of Fred on the other side of the table, pouring chemicals into a metal developing tray. Should I be here? Having located the matches, I reached down and struck the sandpaper edge of the box. Sodden with paraffin, the rolled pieces of newspaper soared orange, leaping into the dry stacked wood and beyond the green branches. Fred unrolls the strip of film and lays it in the developing tank. In the dim red light, I fix my eyes on the moving emulsion. Milky white patches appear. Already the fire was crackling and thick grey smoke was streaming upwards from the leaves and branches. The heart of the fire was ravenous, all consuming, transforming green shoots to black char. Small pieces of burning paper arose and descended. Fred picks up the film and moves it into the fixing solution in the adjacent tray. I can see figures, on a beach perhaps, the sky in the negative image darker than the sea. Will I be able to do this work, produce pictures out of pungent chemicals in a blackened room lit only by a safety light? The fire was dying along with the sun as I gathered my tools and walked through the garden towards the glow of the living room. Another day of my later life.

Chapter 2 : Live Now Quotes (Living in the Present, Be in the Now, Live for the Moment, Past, Future, etc)

Living in the moment involves a profound paradox: You can't pursue it for its benefits. That's because the expectation of reward launches a future-oriented mindset, which subverts the entire process.

It is called a Memory and everything that passes through our five senses is stored in this faculty. We can recall the odor of a fried steak smothered with onions and our mouths water. Everything we read is stored in our memory even though our recall may not bring to mind the information we desire. The memory of past failures can be of great benefit in the present moment if used properly. Paul never forgot how he persecuted the First Christians and that memory made him humble under trials and understanding during persecutions. We are asked however to trust Him so our sins can be swallowed up in the ocean of His mercy. We are asked to develop a spirit of compassion so we can look at any person or incident in our past through His merciful Eyes. We are asked to transform our memory through the power of His grace, to sweep it clean of all cobwebs, dirt and superfluities that keep that faculty so cluttered up there is no room for God. The wooden structures given us at Baptism must be rebuilt into those solid materials fit for a King to dwell in. If we permit the original structure to deteriorate and fall into ruin by laziness and lack of zeal, we shall live in those ruins for all Eternity. Our memories are our own and we cannot blame anything or anyone in the past for any pain dwelling there. If we open the door to them or keep hashing over past incidents in our minds, we have only ourselves to blame. Our lack of forgiveness makes us hate and our lack of compassion makes us hard-hearted. Pride in our hearts makes us resentful and keeps our memory in a constant whirlwind of passion and self-pity. Like Jesus, every human being has enough memories in his past to occupy his time and thoughts continually. It is not the remembrance of these incidents but the reliving of them that creates havoc in our souls. The frequent and sometimes constant rehearsing of past events can spark these evils mentioned by Jesus and move the Will to accomplish such acts. We are often the cause of our own misery and unhappiness and we run from place to place looking for relief and find none. We know that certain sins of the past create guilt complexes. Remembrances of past offenses create anger which we cling to in spite of ourselves. We are unwilling to let go and we do this in the name of truth. We justify our anger or even hatred by saying the incident was literally unjust and uncalled for. We permit the truth of the matter to be used as a means of justifying our reactions and exercising our sinful attitudes. We very neatly create burdens and impose them upon our own shoulders. Self-imposed burdens are the most difficult to release. Perhaps there is some satisfaction in reliving past situations, be they ever so painful. It makes our unkindness or hatred so justified we feel justice is being served by the uncontrolled passions ever welling up in our hearts. We can become so blind that we plead with God to lift this cross from our shoulders, while we unhesitatingly press it ever nearer. Only through the compassion and mercy of our Father can our Memory be healed of all the bitterness stored within it. It was at times like these they felt a surge of courage revive their spirits, and the words of Jesus would run through their minds. They wondered why they had been so afraid and realized God had spoken to them and His Word was proven by power. There were other times they had to fight the enemy within and they realized they needed mental discipline to control the spiritual faculties that caused such havoc in their souls. They would quiet their minds by using their memories to recall some incident in the life of Jesus. This effort calmed that faculty of any resentment that might be deposited there. To insure their thought of Jesus taking hold, they would use their imagination to picture the scene and suddenly it was as if they were really there. They would feel the sentiments of His Heart in that situation and begin to apply them to themselves. In order to prepare their hearts for this transformation, they read and reread everything that related to Jesus and His Personality. In order to perfect their own personalities and bring out those qualities that were buried by sin, weakness and imperfections, the Christians had to keep their eyes, mind and heart on the Divine Model. They had seen other imperfect men like Peter, Paul, James and John develop within themselves qualities of soul that astounded the world. They seemed to be born again, full of joy, in control of themselves and unhampered by the cares of the world. They realized the foundation of their actions was their thoughts and so they began to fill their minds with a mental concept of Jesus that wove itself into every situation and brought to their minds a pattern and

parallel between themselves and Him. Because they loved Him, this effort was never forced or strained. When they heard or read of Jesus "feeling sorry" for a crowd of people, they were not satisfied with thinking about the scene to contemplate His compassion, they entered into His Spirit and began to "feel as He felt. Had He not put His Spirit into them when they were baptized? Were they not called upon to follow Him as faithful disciples? Well then, they would cooperate with that Spirit and act accordingly. His compassion for sinners would be theirs and they would develop the Gifts given to them by using every situation to grow into His image. Their minds had to "think like Jesus. Their voices had to spread the Good News about Jesus. When they were tempted to anger or to cursing, they would immediately think of Jesus as He stood before His enemies in calm serenity. Their contemplation looked beyond the "thinking" stage. Their imagination pictured Jesus in perfect self-control, and their hearts responded by doing the same as He did. Prayer Of The Heart

The first Christians had to keep themselves above every situation that tended to drag their souls down and make them want to retaliate at anger and hatred. They had to nourish and maintain within themselves a never-ending source of love. They had to feed their souls with life-giving water. Jesus had sent the Advocate to dwell in their souls and they were determined that nothing would interfere with that union. Every moment of their lives had to be used to grow in the Image of Jesus. Faith gave them a belief, and Hope a goal, but to keep both alive and active they needed to Love. Faith settled the doubts in their intellects and Hope calmed their emotions, but they needed Love to give them the endurance to persevere. Faith told them what they believed and Hope told them why, but it was Love that told them Who they believed in. Faith gave them something and Hope gave them some place, but Love gave them Someone. In the journey of life, Faith was the boat, Hope the anchor and Love the rudder. They had to maintain an ever growing love for God and neighbor and they looked to Jesus to tell them how. Like the sons of men, they had to grow and mature in their new life and that life was fed by God Himself. Was the "Word" something they heard or was it Someone they loved? Somehow they knew that the words that passed through their minds and the emotions of their hearts were inseparable. They noticed when they read Scripture that the sacred writers often used the word "mind" and "heart" as if they were the same. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. All evil things come from within and make a man unclean. It is what we love or hate that determines our course in life and the degree in which we love or hate will determine our success or failure. The heart, the symbol of love and seat of the emotions, reaches out as a light shining in the world indicating the power of our will and the direction we have chosen to take. No matter how often we remember His Words or how deeply we believe in them, if those Words do not affect our heart and move it to love and give all to Jesus, it is nothing. Paul realized this when he said to the Corinthians that if he had all knowledge, gave everything he possessed to the poor, gave his body to be burned and had the faith that moved mountains, without love, it was nothing. No, he was speaking of a deep love of the heart, an inner conviction, a total consecration, a drive that preferred death to denial. The heart of the Christian was a heart of flesh, penetrated by the Spirit of the Lord. It was a heart ever aware of being a "home" in which the Spirit of the Lord reigned and loved. Prayer Of Anguish

The first Christians experienced moments of ecstasy, hours of happiness, a perpetual joy and deep anguish of heart. Life for them changed but the change for the better was within. Although their inner self was more important, their life in the world clamored for attention and often caused them their greatest pain. It is always painful to change anything and perhaps the greatest pain of all is the loneliness of change. This was the first deep pain the Christians experienced. They suddenly stood alone in the world as strangers. Everything and everyone was different and many times opposed to their way of thinking and living. Only a short time ago they were comfortable in the world but when Jesus entered their hearts they were cut off from the world and became as foreigners in a land of exile. The Christians had something glorious within them, something they talked about, shared and struggled for, but they could not give it to anyone. It was a gift and that gift of Faith spread by its manifestation in their lives. He raised his mind to the Father and drank in the realization that this great God was truly his Father. Power to withstand the trials of life accompanied this realization, for if "God was with them who could be against them? He not only thought of Jesus, he "put on His Mind. He was not satisfied just to pray to Jesus, he let Jesus bear fruit in him by giving his entire life to Him. The peaceful Jesus lived in him and he eradicated everything in his life that prevented

that peaceful, gentle Christ from radiating. Peace is a gift we must ever pursue and once we have found it, hold it fast for it is part of Him. With Him in us nothing is big enough, great enough or important enough for us to lose His Presence.

Chapter 3 : Mother M. Angelica

The whole world functions on memory, the result of attachment and abhorrence. If 'we' do not live in the present, past memories do come to us. Know more about past memories here.

I must admit, most days I would rather push it aside and not think about it! My first impression of this passage was, in order to move or look forward to what lies before me on this journey, I must forget my past! I just want it like it was before my husband died! My husband and I were happy and looking forward to growing old together. Honestly, I had never given any thought of facing life without him. However, as I continue to move through the many stages of grief connected with this journey, I know that things will never be the same. Do I know what that will involve? No, but I know I must trust God and take one step at a time! I also know He loves me and is holding my right hand, guiding me with His wisdom and counsel. As time passes, I find the intensity of my grief is not nearly as great as it was in the beginning. In spite of all those feelings, I am finding God is allowing me to begin to move forward. He is giving me the courage to try and do things I never would have ever considered doing before my husband passed away. I can keep in my heart the memories and love we shared. They are mine, and no one can take them away from me! Making the transition and crossing these bittersweet thresholds was usually an anguished and sticky passage, but somehow, it seemed to be easier with my husband by my side. Many years ago, I came across an article which I have kept in my wallet to remind me of leaving the old and embracing the new. I do not even remember what challenge I was facing at the time I read this, and I certainly never imagined that I would ever apply it to the loss of my dear husband. These words have meant a lot to me the past few months: Take these things with you, and toss the rest bravely to the wind. Thank You for the memories I can keep forever. Help me not to live in the past, but, give me the strength and desire to continue to move forward and press toward the goal to win the prize which God has set before me!

Chapter 4 : 10 Tips to Start Living in the Present

"The secret of health for both mind and body is not to mourn for the past, worry about the future, but to live in the present moment wisely and earnestly." - Buddha. Why living in the present will change your life. If you're not living in the present, you're living in illusion.

Finding minimalism in a world of consumerism. Eliminating nonessential possessions has freed us from many of the emotions associated with past lives that were keeping us stuck. And clearing our home has allowed us the freedom to shape our lives today around our most important values. Choosing to live in the past or the future not only robs you of enjoyment today, it robs you of truly living. The only important moment is the present moment. With that goal in mind, consider this list of ten tips below to start living your life in the present: Minimalism forces you to live in the present. Removing items associated with past memories or lives frees us up to stop living in the past and start living in the present. Each day is full of endless possibilities! Start it with a smile. You are in control of your attitude every morning, keep it optimistic and expectant. Fully appreciate the moments of today. Soak in as much of today as you possibly can – the sights, the sounds, the smells, the emotions, the triumph, and the sorrow. If you are harboring resentment towards another human being because of past hurts, choose to forgive and move on. The harm was their fault. But allowing it to impact your mood today is yours. Dream about the future, but work hard today. Set goals and plans for the future. But working hard today is always the first step towards realizing your dreams tomorrow. Realize that tomorrow is going to happen whether you worry about it or not. And since worry has never accomplished anything for anybody, redirect your mental energy elsewhere. Think beyond old solutions to problems. Addictions in your life hold you hostage. They keep you from living a completely free life today. And remove their influence over your life. If you can only live one moment at a time, you might as well make it the present.

Chapter 5 : Forgetting the Past: A Memory Wipe or Living in the Present? | A Widow's Might

But being unable to forget can affect your relationship to the present, people with this form of memory say. Alexandra is 22 and lives with her mother in a long brick ranch house in southern Maryland.

It means that your awareness is completely centered on the here and now. You are not worrying about the future or thinking about the past. When you live in the present, you are living where life is happening. Tomorrow is only a concept, tomorrow is always waiting to come around the corner, but around that corner are shadows, never to have light shed upon, because time is always now. The answer is too much. Not only will living in the present have a dramatic effect on your emotional well-being, but it can also impact your physical health. If you want to change your life, the only place you can do it is in the present. But first you need to accept life as it is. When it comes down to it your mind is the only thing keeping you from living in the present. There are many people that can give you their opinion or their advice on why it is difficult to live in the present. Some will say it is because we live in abstraction, we live in the world of symbols. Some might say it is because we have awareness of the passage of time, or the illusion of time, it produces anxiety because we can look at the past and predict the future. I think all of these answers are partially true. That is, we constantly talk to ourselves. As humans, we love to create stories. We love to listen to other people stories and compare them with our own. In a way we could say that the entire universe is based on one collection of stories, a cosmic story. The problem is when we feel the need to create a story about everything, we are living entirely in the world of symbols. We confuse the world as it is, with the way we think about it, talk about it and describe it. Reality though, is not a concept. When we realize this we are able to return to a state of peace and stillness. A new way, 5 ways to start living in the present: In order for us to live in the present, does this mean we have to give up our innate desire to write our personal story and share it with others? What we really want, is to find balance. If you follow these simple tips you can start living in the present, and start experiencing reality as it is. When we try to quiet the mind, we just disturb it all the more. Instead, simply witness your thoughts as if they are pure sound. Simply witness them as if they were noise. You are not your thoughts Too often we identify ourselves with our thoughts, we actually believe we are the dialogue inside our mind. However, we are much more than just our thoughts, we are the force that moves through our mind, spirit and body. Knowing this helps us overcome our fear of quietness and silence, we can have peace knowing that when our minds are quiet, we are not losing touch with ourselves. Practice conscious breathing to bring your mind back to the present. Music for meditation There is a lot of great music made to assist with meditation. Music made for meditation can help us bring our attention back to the present and clear our mind. Practicing mindfulness means we practice our awareness in all our actions. Whether we are washing dishes or tying our shoes, our mind is focused on whatever we are doing. We are not thinking about the bills that we have to pay, or the phone call we need to make when we get to the office. We are simply living in the moment. I hope you enjoyed this article. If you have any more tips or insight into how to improve mindfulness and awareness of the present, please leave your comment below. Thank you for reading!

Chapter 6 : Passage of time: why people with dementia switch back to the past

Living in the past There is a link between the perception of time and memory function in those with dementia. Family members often report their loved ones with dementia sometimes live in the past.

I realized that I had been managing incidents and situations better than I thought but I did learn many new skills that have increased my confidence as his caregiver. Some of the incidents that use to stress me out, are now handled with greater ease and have much more positive outcomes by utilizing these new skills. As a whole, the Improv Workshop and ongoing monthly maintenance sessions are of great benefit to the caregivers and their loved ones. I highly recommend that they continue for years to come! I have several friends who would benefit from getting involved in your program and I hope you are able to expand and serve more families very soon! The skills we practiced are ones that we can immediately apply in workplace interactions and are also tremendously beneficial as dementia communication skills to cultivate with our amazing caregiving families. And it was just plain fun!!! The laughing muscles in my head were actually sore from so much laughing. Good for the soul and so uplifting!! What a gift THAT is! It is awesome to see. I think your techniques are on to something big. Thanks for all you do. It is the key. When I heard my husband laughing, my heart was literally singing. It is so much fun and so important. By improvising ideas with the group we were forced to be creative and think outside of the box. And while we did that, we relaxed and had fun. We let our guard down, which allowed us to open up even more about our challenges. The chemistry was very much influenced by the nature of the activities that you led us through, and it was all very positive. The list of principles that you taught us guide me in my everyday responses to my mother. Just knowing that others are in the same boat and being able to share frustrations with people who understand â€” no way to describe how much it means. I hope we will be able to continue and share this experience with others!

Chapter 7 : How to live in the present - Paid to Exist

Living the past is a dull and lonely business; looking back strains the neck muscles, causing you to bump into people not going your way. ~Edna Ferber I tell you the past is a bucket of ashes. ~Carl Sandburg, "Prairie," Complete Poems,

Messenger People diagnosed with dementia often have a distorted sense of time passing. Accurate time perception is critical in our modern society and for much more important reasons than waiting room congestion so this disorientation significantly affects those with dementia and their families and carers. One in ten over and one in three over have dementia. There are neurological reasons why those affected by dementia judge the passage of time differently, and can access remote memories from many decades ago while unable to remember events of the past few hours. Time perception in dementia Those with dementia judge the passage of time quicker than older adults without dementia, as well as younger adults. This is for prospective time perception, where people are instructed to estimate an upcoming time interval; and retrospective time estimation, where people judge time after the event has occurred, requiring them to mentally travel back in time. As a practical example, a person with dementia is likely to underestimate how long they waited at a bus stop if asked when the bus arrived; retrospective time perception and how long they will be on the bus for their specified journey if asked as the bus started; prospective time perception. Those diagnosed with dementia may underestimate time due to difficulties in recollecting all events in the short-term past, creating a feeling of a relative empty time travel. Someone without dementia may remember the boy cycling his bike, the yellow car parked next to the shop, the noisy lawn mower, and the couple playing tennis, on their walk to the bus stop; while someone with dementia is likely to remember fewer of these events, creating the sense that less has occurred and therefore less time has past. Living in the past There is a link between the perception of time and memory function in those with dementia. Family members often report their loved ones with dementia sometimes live in the past, even reverting back to first languages. This is because memory is not just one process in the brain, but a collection of different systems. This was despite showing impairments in short-term memory and general cognitive functioning. This frequency of use memory pattern is mirrored in bilingual people with dementia. A friend commented that her Yia-Yia Grandmother , who immigrated to Australia from Greece over 50 years ago, is increasingly conversing in Greek despite predominantly speaking English for decades causing problems for my monolingual English-speaking friend. Those with dementia often revert to their first language. This commonly begins with utterances from the first language appearing in conversation from the second language. This occurs more often in those less proficient in their second language, rather than being related to the age of acquisition of their second language. So, how does this happen? Families and friends of those affected by dementia often do not know how to respond when their loved ones rely on these remote memories, at heart, living in the past. Rather than trying to bring the person with dementia back to reality, families and carers may try to enter their reality; building trust and empathy, and reducing anxiety. This is known as validation therapy but many families and carers will practise this technique without knowing its name. Reminiscence therapy has also been shown to increase mood, well-being and behaviour in those with dementia. This involves the discussion of past activities, events and experiences usually with help of artefacts such as photographs, music and familiar items. Building resilience There is nothing that can completely protect us from a future diagnosis of dementia. But a cognitively stimulating lifestyle can at least delay the onset of dementia. This means using your memory and other cognitive skills as much as possible, for example, working in a mentally challenging job, doing crosswords, and engaging in social activities. The more frequently we recall and use memories over our lifetimes, the more likely we will have access to them in our old age.

Chapter 8 : Past Quotes (quotes)

Living in the Present Moment. God has given each one of us a gift greater than a thousand I.B.M. machines. It is called a Memory and everything that passes through our five senses is stored in this faculty.

Still to be thunk. Snow had lived forty years, and for fifteen of those years she had been too busy wishing things were different to find much time to enjoy things as they were. Porter, Pollyanna, Let us not look back in anger, nor forward in fear, but around in awareness. I want heaven, and I have never laid hold of the earth. I try to reach God, when I have never reached man. Today goes unperformed, yet I demand an infinity of years. I will not ask of the resurrection after death. I am concerned with the resurrection in life. I who am buried in the tomb of today want the assurance of ascension tomorrow. I do not ask if I shall live then " I am not sure that I live now. I do not want a beautiful theory that will make my going sweet. I want a beautiful fact that will sweeten my day. Of what relevance to an individual is such a statistic? Am I to concern myself with an allotment of days I never had and was never promised? Must I check off each day of my life as if I am subtracting from this imaginary hoard? No, on the contrary, I will add each day of my life to my treasure of days lived. And with each day, my treasure will grow, not diminish. When I am depressed it is because I am living in the past. It comes soon enough. They often find it difficult to stand still, to occupy the now without worrying about the future. People are not generally satisfied with what they have; they are very concerned with what they are going to have. Anyone who tries to look into it sees nothing but the dim outlines of an old and worried face. His well-being is always ahead. Now they have flown away into the deep wood, and that is why I am here in the deep wood of my life, looking for my lost birds that sing. I was insensate to the roses. Then one day the winter was upon me, and I came frantically imploring my June I will take a little more time out of life to live " one hour for the dawn, and one for the evening, and one for the singing fields; one rose hour for the gardens, and one to set my feet on the crest of hills. Against the glitter of dew and the light of stars, the feel of the hills and the call of the meadows, I will measure my petty day. Have I made a mistake by anticipating my future and shunning my present? An embarrassing deathbed regret. You will meet it, if you have to, with the same weapons of reason which today arm you against the present. Lawrence One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon " instead of enjoying the roses that are blooming outside our windows today. Last modified May 25 Fri

Chapter 9 : Present Quotes (quotes)

In The Great Gatsby, living in the past is a lot direr than being boring. Characters pursue visions of the future that are determined by their pasts, whichâ€”in the memorable phrase that ends the bookâ€”makes us all into little boats beating against the current.

Does the past have any connection with memory or not? Memory based on attachment-aborrence Questioner: Dada, does the past have any connection with memory or not? And do we not say that memory is a natural gift? Gift does not mean that someone gives you a prize; its not like that. Now, many people will not have raag-dwesh for the scriptures but they will have it for something else, and so no matter how many scriptures they read, they will not remember anything. And so people will call him dunce Stupid like. He will have limitless memory for other things, but that is of no use, is it? So people will indeed call him a dunce Stupid like , will they not? Whereas with reference to the scriptures, they will consider him clever. They will say that he has tremendous memory. So people call that a gift. But memory is always of the past, is it not? Memory is indeed considered a thing of the past. Memory should become forgotten. So it all comes down to memory, does it not? Yes, but the memory is indeed there. The whole world functions on such memory. However, it is a relative thing. We are talking about the Real. All these relative things run on memory. If you enjoy the happiness in the present, then no liability is created in the present. We had such a leisurely time, and it was like this, etc. If we remember in this way, what happens? Therefore remain in the present. How can people forget that? What should I do to keep my past out? It will indeed all go into the memory, right? In the relative realm, indeed everything goes based on the past, does it not? The present is really the balance sheet of the past. Whatever bets you had made, whatever agreements you made, that is all indeed there in your present. The past always leaves. The past never remains; it always goes away. So there is no need at all to worry about tomorrow.