

## **Practice Being in the NOW**

© World Copyleft 2020 ff. created by Richard Moss "Mandala of Being". For use by registered Possibility Trainers only.  
(Revised: 08. August 2012)

### **FORMAT:**

Single or group exercise.

Duration: 10 to 30 minutes (depending on group size)

### **PURPOSE:**

Practice being in the NOW.

### **SETUP:**

You will need five index cards and a marker. On one card you will write in large letters, "FUTURE". On the next write "PAST". Then next write "ME", the next "YOU" and on the last one "NOW".

### **INTRO / BACKGROUND:**

You only have power in the NOW. Very often the box creates stories about the future, the past, about other people etc. However, stories occur in time, i. e. if you hear voices and stories in your mind, you are not in the NOW.

### **INSTRUCTIONS / PROCEDURE:**

Place these cards on the floor in front of you in a circle about 2 feet in diameter with a card on each of the 4 directions, like a compass, with Future and Past directly opposite each other and the same with Me and You. Then place the word NOW in the middle of the circle.

Stand in the center of the circle with the NOW card. Take a moment to remember a time when you felt most centered, joyful, and peaceful. Perhaps this was a moment in nature, catching a wave, or during meditation. Notice the sensations you feel. This is a body memory. Let go of any thoughts or stories about this experience and just feel the sensation of being so alive. This is how NOW feels.

Know that everything that exists outside of this NOW experience, is just a story or thought about the future, the past, myself (me), or others (you).

Now think of a difficult issue in your life and then locate where your thoughts are on the outer edges of this compass. Ask yourself, is this issue a future story, a story about the past, a story about myself, or about others? Step to that area of the compass and notice what your body feels with these thoughts. Name what sensations you are feeling out loud.

Then step back into the center, to NOW, and experience leaving the story and thoughts behind. Notice how different your body feels. Notice your bodily sensations and again speak out loud what you feel.

Focus on these sensations without thought and expand your awareness to everything beyond you at the same time. Become aware of every sound as it arises, perhaps the movement of your own breath, and the slightest breeze on your skin. This is the experience Moss refers to as being “focused and spacious”. This is the experience of resting the present moment.

Once you practice a bit with this visual and kinesthetic compass, you can carry this with you in your mind and use it all day long, throughout your day.

When you notice that you are upsetting yourself, lost in emotion, (emotions are stimulated by thoughts and not the same thing as feelings), recognize these are only thoughts and step back into the NOW position in your mind, your center, where you become aware of only what is happening now.

## **DEBRIEF:**