

The present is all we have!

It might sound a bit cliché... But it's SO true and important for us to understand and spend time every day reflecting on it... That the present moment is all we have to work with.

We KNOW that what we give our focus to, grows. What we think and feel creates a vibration that the universe constantly reflects.

Therefore, the present moment is TRULY the most important thing we have. The more we can become aware of being "present" in the moment, the more conscious we can become of the vibration we're sending out - and therefore what we're receiving back.

In this way, we constantly create the life we desire, minute by minute... At least, that's where we're headed! To let go of the programming more and more. To reprogram our minds more and more and live more from the heart, our higher selves, and live in the moment.

Because there is nothing else... We can't send a vibration out...- we can't create a feeling we send out into the past. We can't send a vibration out into the future. We can only be right here and now.

So it's always about how we're feeling right here and now. Are we genuinely happy, or are we suppressing something? Can we feel our higher selves? Are we in touch with our inner selves and can we feel a change when we change our thoughts?

This is where meditation is a huge help. Learning to prioritize listening to ourselves - and not all that is happening in the outer world. Everything others say and our old programming, where we're used to being "fed" by the outer world. We need to learn to shut more of that off and give more attention and focus to our inner selves and the present moment.

We can practice shutting out the external part and practice opening up to our true selves, our higher selves - and sit in silence and observe. We can take long walks or spend time in nature. We can consciously put away phones and other media. We can work with our physical body. We can fast. We can do breathing exercises.

These things help us differentiate between our programming, our ego, and our higher selves. It's a training we're engaged in. And it's a process that takes time.

But the more we can practice being in the moment, the more conscious we become of our own lives. Our habits, beliefs, our faith. We become aware of others' patterns, of our interaction with others. We have more and more aha moments and become aware of what we want to change.

When we become aware of things in ourselves that we're not happy with or don't want anymore, it's a good habit to say "THANK YOU" for becoming aware of it. Because that's the only way we can start a change.

Everything starts with awareness! We can't change something we're not aware of!

So we shouldn't "beat ourselves up" but be happy for all the things we discover that we don't want more of. Because that's our springboard to create more of what we do want instead.

Every time we become aware that we're thinking or feeling something we don't want, then stop! And make room to sit for 2-5 minutes with closed eyes. Put 2-3 fingers on the heart and breathe consciously. Focus only on the breath. Inhale for 5 seconds. Hold it for 5 seconds. And exhale for 8 seconds. Do this while saying to yourself, "Everything is okay, everything is exactly as it should be, and I am exactly as I should be - THANK YOU."

Practice drawing the energy "home" to yourself - and don't think about anyone else or other situations. Practice ONLY being present right now and otherwise focus only on the breath.

You can do this exercise as often as you like - and preferably every time you can feel that you're out of your normal good feeling.

Because the better you think and feel right here, right now. The more you can practice thinking good thoughts and feeling good feelings in the moment, the better you will attract.

We ALWAYS attract similar experiences and people to what we send out. We ALWAYS attract what exists on the same frequency as ourselves.

Therefore, the present moment is one of the most important things we can learn to master and consciously fill with everything we want more of.

If the feeling and thoughts you have aren't what you want, but they keep dominating, you can further sit and think about all the things you're grateful for. Or start writing them down. Initially, it may take longer to bring forth a feeling of gratitude, but we need to train it and prioritize it. There are no shortcuts. But the more you practice, the better you get and the easier it becomes.

Our old programming has been the most dominant in our lives. We haven't been aware that we can control it much more. That's what we're training now - and this exercise is something we need to keep doing if we want to become sharper and sharper at understanding our inner selves and consciously manifest the life we desire.

Enjoy the journey 