



A Guide to Finding and Understanding The Present Moment & Mindfulness

Instructions

The text in this document goes with the Present Moment (Long Version) YouTube video (<https://youtu.be/BftR9QEeYfU>) and the recommendation is to listen/watch with this document open a few times so you can see the words written down as well as hear them being spoken. It is often helpful to have information presented in both written and oral form as this provides different sensory data for the brain to process, which can speed-up understanding and absorption of new ideas and also aids recall/remembering of the information later. If you right click on the picture below you can open the video or click the link above.

Your mind will wander whilst you are viewing/reading, that is fine, it is not a mistake, that is just what minds do. But, as soon as you notice your attention has strayed away from the content, just very gently redirect your attention back to the video and the text.

If you are new to the concepts of Mindfulness and The Present Moment contained in this video and document, you may experience all sorts of negative thoughts and negative emotions that try to convince you to give-up and stop before you get to the end – remember, these are the same type of negative thinking and feeling patterns that you are learning to master. So, do your best to ignore them and gently refocus your attention back on the spoken and written words. Then, when you have got to the end, write down any persistent negative thoughts you had that you can remember and any questions about the material so you can discuss with your therapist in your next session.

The point of Mindfulness or being in The Present Moment is not to stop thinking and feeling altogether, that is impossible! It is just so you can learn how to relax and be choiceful and purposeful about what thoughts and feelings are worthy of your time and attention and to develop the skills to let everything else, all the negative thoughts and emotions, come and go without being disturbed by them.



Guide to the Present Moment & Mindfulness

Hover over the image and press Control + Click to follow the link to YouTube to watch and listen or just listen to the video whilst you read the text below.



All thoughts and emotions are transitory, just temporary illusions that fade away in time. The false-self or ego is the summation of the transitory and illusionary phenomena we call thought and emotion. When you are led by and identify with your false-self or ego (the sum of all thoughts and feelings experienced in your life), there is always fear or unhappiness because it is built on illusion, built on the temporary phenomena we call thoughts and feelings.

Emotions are thoughts manifested in the body and the more you identify with your thoughts, the greater will be the emotional energy charge in your body. Fear and unhappiness come when we over-identify with our thoughts and emotions and mistake them for real, for who we are.

To come into the present moment, be the observer of your transitory thoughts and emotions, separate your true self from these things, they will all pass by but your true self, the observer within remains. Just observe the contents of your mind and your emotions without judgement, relax in the knowledge that they will pass, they are transitory illusions.

Detach from the stream of thoughts in your mind and emotions in your body, observe them, be witness to them, honour them by not fighting to get rid of anything that already is, but stay detached. The first step is to become aware of your constant internal dialogue and changing emotions, to start to observe them but also start resisting the temptation to follow, they lead nowhere except to fear and unhappiness if you mistake them as real.

The majority of thoughts and emotions are useless repetitions that, if followed, will keep you out of the present moment and keep you in suffering. Don't be afraid to let them all go and become the peaceful calm observer, it is not you that will cease to exist if you stop identifying with your thoughts and emotions, it is suffering that will end. Remember, you are not your thoughts or your emotions, how can you be? These are just transitory phenomena, but you, the silent observer are always there. When thoughts and emotions consume your attention, you are outside the present moment and in the cycle of suffering. It is the false-self or ego that ends when you see through the illusion and become the peaceful and non-judgemental observer.



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Being the peaceful and non-judgemental observer means allowing whatever thoughts and feelings arise to be there. If you find yourself struggling to get rid of certain thoughts and feelings, this is identifying with them, this is confusing them as real rather than the transitory illusions they are. The harder you fight to get rid of any thoughts or emotions that are already within you, the more you magnify them and bring more suffering to yourself. By being the peaceful observe, accept what is already within and the moment you do so, this is letting go and they will pass by.

Different thoughts and emotions are neither good or bad, they just are, being non-accepting and judging your thoughts and emotions as either good or bad is the problem. Unfulfilled desires, cravings and dissatisfaction arise from these judgements taking you away from the present moment and into the pain of unmet desire and even addiction. Sometimes we would rather be in pain and negativity as this is what we know and it feels safe, by not identifying with thoughts and emotions, by being the peaceful observer, this is a step into the unknown and can feel frightening. The false-self will come up with many reasons why you should stay identified with your thoughts and emotions because to disidentify is to come into the present moment where the false-self or ego is absent and peace of mind from the present moment is free from the pain and negativity of following the constantly changing stream of thoughts and emotions.

Wake up the peaceful observer within to be in charge and let your ego and false-self be asleep, not the other way around. When you follow and identify with thoughts and emotions, your ego is in charge with all the fear, hypervigilance, defensiveness and unhappiness that comes with trying to protect you against imagined problems, unmet desires and feared attack, fighting against what is and bringing more pain and suffering.

In the present moment, there is not past and no future. The false self or ego cannot exist in the present moment, it relies on thoughts and emotions about the past and the future to manifest the illusion of itself. But it is always the present moment, there is no yesterday, all the time in yesterday were now moments and all the time in tomorrow will be now moments. It is always now and everything can only ever happen in the present moment. All that is in the past are only memories of previous now moments and all that is in the future is a projection of memories of past moments. When you continue to identify with your thoughts and emotions, the future will be a replication of your past as you take the emotional energy and level of consciousness with you wherever you go and the same problems will reoccur.

Whenever you observe your mind reviewing the past or imagining the future, bring your attention back to what is happening right now, in this present moment. Silently and peacefully observe your thoughts and emotions only, don't go where they may lead you. Be interested in your reactions as an impartial witness, accept all without judgement and allow what is to be exactly as it is and focus just on what is going on around you in this present moment.



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When thoughts and emotions are compulsively followed, the constant internal dialogue and fluctuating emotions drown out the present moment and there is no peace, just struggle to make sense of the every-changing false-self landscape created by temporary thoughts and emotions. When you identify with your thoughts and emotions, you become a slave to them and lose your true self as the peaceful observer. You are the witness to your thoughts and emotions, stay detached from them and be free of the struggle to satisfy all the impossible demands of the false-self.

Let go of all the demands of the ego or false-self, the demands to be richer, better looking, more talented, to have more friends or better connected friends, whatever the demands your false-self makes of you that creates fear and unhappiness. Thoughts and emotions are temporary and fleeting if you stay detached as a peaceful observer, you will witness them pass as you might witness clouds and planes pass by in the sky. You are not the clouds and the planes, you are the sky. As you might witness ships and whales pass by in the ocean, you are not the ships and whales, you are the ocean.

Being at peace is being able to separate your true self, the observer, from the stream of thoughts and emotions. Become the non-judging and accepting silent observer of these illusory and transitory phenomena. Allow them to be exactly as they are, with complete acceptance, without any judgement, without any opinion, just observe all and align with your true self, the peaceful calm witness.

Your mind is a tool to lead you to take appropriate action, your thoughts are merely stepping stones to taking the action that is right for you. The mind used helpfully leads you to your goals of peace and contentment by being the peaceful calm witness, the non-judgemental observer of all the thoughts and emotions that pass by in you, the ocean and the sky.

Validation, reassurance and purpose comes from inside yourself, seek these things inside yourself only, do not seek for validation or reassurance from others, whatever they give will never be enough as these things must come from within yourself.

Don't dwell in the past or the future, these are creations of the ego, be the peaceful observe of all thoughts and emotions that arise within you to stay in the present moment and allow you to use your mind as a tool to positive action. If you find yourself experiencing anxiety, stress, tension or worry this is a result of too much energy spent following your fearful thoughts about the future and not enough time spent in the present moment. If you find yourself experiencing guilt or regret or vengefulness or depression, this is a result of too much energy spent dwelling in the past and not enough time in the present moment. Once thoughts and emotions are there, accept them, don't judge them, remember they are transitory illusion that will pass, don't get caught up in them, bring your attention back to the present moment.

There are no emotional or psychological problems in the present moment. Situations may arise that require your attention and for you to take some action to resolve but if there is no action you can take to resolve a situation then it is a mind-made problem from too much



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energy spent dwelling in the past or worrying about the future. You can let go and be in the present moment free from the illusion you need to do anything with your thoughts and emotions other than observe your reactions and bring your attention back to the present moment of what you can see, hear, taste, touch and smell right now.

Life happens only in the present moment. When you attend fully to what is happening right now and take responsibility for your inner wellbeing, your life will begin to flow with ease.