

in the now

Posted by mr.clean - 27 Mar 2014 08:49

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I've been trying to live in the now for the past few weeks (no pun intended) and I'm really having a hard time, anybody have suggestions for how to do it and I mean more then "give it up to god". I have made mistakes that may very well have repercussions in the future how do I not worry about them and what will be?

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Re: in the now

Posted by gibbor120 - 27 Mar 2014 20:30

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Really, get busy with something. Distraction is the best medicine.

Ride a bike, read a book, listen to music, go for a jog, call a friend...

If you are thinking too much, you must not be busy enough.

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Re: in the now

Posted by Hope - 27 Mar 2014 20:54

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Get busy pesach cleaning "mr.clean"

One thing that comes to mind is, that when you force yourself not to worry about them they keep hunting you and will just make you worry more. When things happen that you regret or worry about, try to relax your body and just let it fly away from you.

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Re: in the now

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Posted by pischoshelmachat - 27 Mar 2014 21:01

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Hello My Dear Friend,

For me, living in the NOW is making my senses hyper sensitive and focusing on feeling and experiencing every moment to the max.

When I speak with my children, I thoroughly experience and bask in the glorious moment. I feel so alive and aware.

It feels great.

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