



**Life is a
gift
and what
you do
with
yours
is up to
you!**

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L—Living in the Moment

Here is a challenge for those folks who live in the fast lane and experience too many frenzied days: ***Live in the moment.***

What does living in the moment really mean? It means striving to be fully aware of the details of an experience—savoring a chocolate chip cookie, watching the sunset, being mesmerized by the fireplace glow, sharing a meal with family and friends, listening to what others are saying—truly listening, sliding down a hill on a saucer, taking a hot bath, or whatever the experience may be. The key is to focus. Focus on the fine points—the smells, sounds, tastes, sights, textures... All that is required is to be mindful and not worry about the next minute, hour, activity, decision or expense.

It may sound easy to do, but in reality it is quite difficult to turn off the constant stream of thoughts zooming around inside our heads. Most of us can recall with vivid detail special times in our life that are classified as cherished moments. Yet, most days we are easily distracted with the flurry of daily living and outright busyness. We completely ignore the particulars of an encounter. The constant quest of ‘what’s next’ prevents us from enjoying the magic of ‘what’s here.’

I learned a valuable lesson about living in the moment from my young grandsons. For them, no moment exists except the one right now. When they want to sit on my lap and have me read them a story, that is the moment I put down my work and hold them. When their small hands intertwine with mine, that is the moment I let them lead me. In the middle of the afternoon when they want a snack, that is the moment we pull up chairs to the table and savor a cup of hot chocolate together. When the stars present themselves in the evening sky, that is the moment we sit on the back porch and marvel at their brightness. The ‘*Right Now*’ is everything to them and to me.

Living in the moment is freedom to experience the beating heart of life. Vow to climb more mountains and watch more sunsets. Indulge the appetite and eat more ice cream. Smile at strangers. You are where you are suppose to be.