

MINDMAP

The Art of Living In The Moment:
How to Live a Better Life by Choosing to Live NOW

Introduction

Most people are trained since birth to WAIT

They are led to believe that they have to wait for certain things before they can be HAPPY, COMPLETE, and FULFILLED

The lifecycle of the typical American: birth > school > work > retirement > death

Happiness is some sort of destination. If you study hard, you get in the right school > right job > success

The problem? By the time whatever we worked so hard for materializes, we have mentally moved on. We have convinced ourselves we won't be happy unless something else happens.

WE never cross the finish line.

Happiness, contentment, fulfillment remains an illusion

We are trained to see everything as a SHORTHAND for this process – ie., stuff we buy, relationships we have, all these are supposed to be MEANS to an END... they are never ENDS in of themselves.

The END is scary.

No wonder so many people live lives that they feel are MEANINGLESS, EMPTY, VOID.

Too many people killing themselves with millions in the bank

There are so many people we look up to who end up drinking themselves to numbness or self-medicating

The problem is NOT effective goal setting

The problem is NOT inability to experience happiness – people do experience it but it is never enough nor does it last long enough

The problem is NOT feeling in control – you feel you have control but there's no point to it. You can make things happen but so what?

Thankfully, there is a solution: you can choose to LIVE in the NOW or The Present Moment.

Chapter 1

Over-stressed, Overwrought, Overdue

Do you feel like you have so many things to worry about?

- responsible / duty / obligation
- does it feel like you have many balls up in the air?
- does it seem like the more you take action, the more things stay the same

Do you worry about other people to the point you can no longer focus on yourself?

The Trap of the Illusion of “Selflessness”

Are you so focused on yourself that everything seems to be a judgment of you?

The Black hole of Self

Chapter 2

Reclaim your Power of Focus

What you CHOOSE to focus on grows

Focus is a CHOICE

Real focus is never desperate

Reclaim your ability to focus

- time
- attention
- resources

Make it COUNT

Chapter 3

Rediscover the ETERNAL NOW

Most people have forgotten the Present Moment

Going somewhere / Being Somebody

Desiring motion and identity leaves us EMPTY

Meditation reveals the power of the ETERNAL NOW

- the present moment
- you come face to face with the power of your mind to shape your reality

Chapter 4

Remember that the BIG PICTURE is the ETERNAL

Everything works in DUALITY

The Greeks Got It Partially Right
- binary world

Yin and Yang Make the Universe Turn
- binary
- complementary

The Power of the VOID

Chapter 5

Your Mental Self-Reclamation Blueprint

Take Stock

Get Real

Get Quiet

Refocus

Scale

This is not magic

This is not mysticism or religion

Chapter 6

Take Stock

Zero in on your LIFE'S OBJECTIVE

Mental Inventory

Focus inventory

Life inventory

What truly matters?

Use that RAZOR (it either leads you to the objective or you LOSE IT)

Chapter 7

Get Real

Are your GRAND OBJECTIVES Really yours?

Memory Detox

Attitude Detox

Reclaiming your power to CHOOSE

What are your IDEALS?

What are your VALUES?

Does everything LINE UP?

Power Flows from Purpose

Purpose Flows from Integrity

Are you REAL? The power of personal INTEGRITY

Chapter 8

Get Quiet

What if I told you that you're always interrupting yourself?

Get quiet first

Stop editing your thoughts

Stop editing your feelings

Watch your thoughts like clouds

Count your breath

Savor the ETERNAL MOMENT

Stop chasing after ANSWERS... let them come to you instead

Chapter 9

Refocus

Practice Mindfulness to reclaim your power of FOCUS

Counting your Breath

Breathe HOLD Breathe

Secular Transcendental Meditation (nonsense mantra)

Embrace the moment

Occupy the EMPTY SPACE with your PRESENCE

No one to be

Nowhere to go

Operate out of FREEDOM

- now that you have de-stressed through meditation/mindfulness, choose to operate out of this mental free space
- don't just file it away as "something you do"
- don't compartmentalize

Chapter 10

Scale

Let your inner peace spread

Relationships

Body image

Personal ambition and goals

Working with Integrity

From inner Peace comes REAL CONFIDENCE

Scale from confidence to competence and back to confidence