

A woman is silhouetted against a vibrant sunset sky, standing on a wooden pier. She is holding a string of warm white lights, with some lights visible on her dress and others trailing behind her. The sky transitions from a deep orange near the horizon to a teal at the top. The water of the ocean is visible in the background, and distant mountains can be seen on the horizon.

# THE ART OF LIVING IN THE MOMENT

How to Live a Better Life by Choosing to live NOW

# **The Art of Living In The Moment – Resources Report**

## **Method: Counting Your Breath**

**Step #1:** Pick a room where you won't be disturbed

**Step #2:** Close your eyes and breathe slowly and deeply

**Step #3:** Breathe 3 times then focus on the air coming out of your nostrils

**Step #4:** Slowly tune out everything as you retain your focus

**Step #5:** Zero in on the air slowly coming in and out of your nostrils and fully become aware

## **Method: Watch Your Thoughts Like Clouds**

**Step #1:** Do the Counting Your Breath Technique above

**Step #2:** Train your focus on the mental images coming to your mind

**Step #3:** Resist judging them. Just let them come.

**Step #4:** Acknowledge each thought and slowly let them pass

**Step #5:** Allow one image to be replaced by another mental image without you judging.

**Step #6:** Let go of all mental stress about the mental images... realize that they will all pass.

### **Method: Breath-Hold-Breathe**

**Step #1:** Breathe normally for 5 repetitions

**Step #2:** Slowly and deeply breathe in and hold for 4 to 8 seconds

**Step #3:** Slowly and deeply breathe out and hold for 4 to 8 seconds

**Step #4:** Repeat your breathing 5 times

**Step #5:** Let the relaxation sink in

### **Method: Transcendental Meditation**

**Step #1:** Follow all the steps of the Counting Your Breath Method

**Step #2:** Once you have fully relaxed, breathe in slowly, and mentally "recite" your mantra

**Step #3:** Slowly breathe out and repeat your mantra silently

**Step #4:** Keep repeating in and out breathing remaining focused on your mantra

**Step #5:** Fully let go and let your mantra focus lead to the ABSENCE of ALL thought

**Step #6:** Completely relax your mind and be fully AWARE of the moment