

## Present Offerings

You can learn from your past, live the present moment in harmony, and plan your future. Past, present, and future are valuable, but each is important in a different way. This newsletter will focus on how the practice of living in the present can bring you what you desire.

**To live in the present is to be aware of what is happening to you, what you are doing and what you are feeling and thinking.** This is the ability to look at situations as they are, without being influenced by negative past experiences and the feelings toward them. As a coach and 20 years experience as a psychotherapist I truly appreciate the impact of one's past can have on perception, feelings, behaviors and thinking. To live joyfully and at peace is to be free of past influences. Once free you can deal directly with what you are doing in the present, making choices accordingly.

What past experiences influence me now and how?

What do I want to let go of?

What do I need to do to let go of it?

**To live in the present means to pay attention to what is happening now, enjoying it and making the most of it.** When you are future focused you are looking forward to things better ahead. The present moment has much to offer in opportunity as you move toward your future vision. Having a vision can guide your present moment. However, living for and in the future will overlook the possibilities which exist in the present moment.

What is going on now that will bring me closer to what I desire?

What in the present is already what I desire?

How can I maximize what the present offers me?

***The living moment is everything. ~D.H. Lawrence***

When you are present, you are:

- focused, not distracted by other influences
- moving forward, making choices and taking action
- listening better to your intuition and to others
- able to respond better to what life brings you, both the difficulties and the opportunities
- appreciative of life with a playful and positive outlook
- comfortable and confident with yourself

The practice of being present:

**Center yourself.** When your thoughts are wandering to what you have ahead or what did not go well earlier, pause, breathe and soak in the present moment. Use all your senses to notice that moment.

**Pay attention.** We all know what it is like to be driving and have our thoughts elsewhere. This may be happening more than you realize. Practice paying attention when you are doing menial tasks such as washing the dishes, or when you are taking a walk. Listen even more attentively when others are speaking to you.

**Stop for a moment.** Make sure you are allowing time to pause, take a brake from the race we call life. Slow down; give yourself space to enjoy where you are now.

**Get energized by your vision.** Use your senses in the present moment to meditate on your vision. What do you see and feel. Can you taste, smell and touch it as if it were happening now? If you really desire it, you will take action NOW.

**Trust yourself.** When you have past regrets, know you can learn and do better. When you are worried about the future know you can handle what comes your way. You will then be able to let go and just live in the present.

***Yesterday is history. Tomorrow is a mystery. And today? Today is a gift.  
That's why we call it the present. ~Babatunde Olatunji***

Suggested reading:

The Purpose-Driven Life, by Rick Warren

The Power of Now, by Eckhart Tolle

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**If you would like to consider hiring a coach** to help you achieve your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com) for a complimentary coaching consultation. Go to [www.baystatecoaching.com](http://www.baystatecoaching.com) to learn about my services.

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