

**[1] Before We Start...**

“Be and live in the present moment, fully.”

**[2] Definitions:**

drift

dimensions

be complete present

this plane

exist

consciousness

wholeness

wander

the here and now

awareness

precise

manifest

savor

breathe in and out

authentically

**[3] Watch the presentation****[4] Read the text**

## THE PRESENT MOMENT

In our everyday lives, our minds drift to all dimensions. We imagine things that "could have been, should have been, might have been, will be, etc." Put aside these thoughts about yesterday or tomorrow. Instead, spend more time bringing yourself back to being here, in the moment, right now. Be completely present in mind, body and spirit. All together, one whole you---living, breathing and existing on this plane, in this point in time.

The present moment is full of magic and surprises. It's a miracle, this world that we exist in. Take a moment to see the beauty around us. "Present" means "gift" for a reason. Shift your consciousness and access the "wholeness of the moment". If your thoughts wander, let them go and then come back.

Stop rushing so much to get to where you think you need to be next. Slow down a little and again, bring yourself into the here and now. Put your energy and awareness into living fully in this precise point in time, in this world of inspiration, miracle and wonder.

Many people think that what they want is somewhere "out there" and that they must find it. What you desire is not waiting for you "somewhere" outside. Everything is yours to manifest and savor right here in this moment!

Fully live where you are right now. Breathe in and out this present moment. The only moment you really live in and control is now. The future naturally flows into the present and that future depends on the present so be fully and authentically here in the now.

Now is everything.

**Think about:** Where are you? Are you HERE?

**[5] Circle True or False:**

- Some people do not take action because they don't want to seem too pushy. [ *true / false* ]
- Our minds drift in and out of many dimensions. [ *true / false* ]
- "The present moment" = "here and now" in mind, body and spirit. [ *true / false* ].
- You can truly see the beauty around you when you are in the present moment. [ *true / false* ]
- People are often in a rush to get somewhere else! [ *true / false* ]
- We can control the past and future. [ *true / false* ]

**[6] Phrase match:**

- |                              |               |
|------------------------------|---------------|
| A. could have                | _____ present |
| B. slow                      | _____ down    |
| C. let them                  | _____ been    |
| D. everything is             | _____ yours   |
| E. the future flows into the | _____ go      |

**[7] Listen and fill in the blanks:**

Fully live where you are \_\_\_\_\_. Breathe \_\_\_\_\_ this present moment. The only moment you really live in and \_\_\_\_\_ is now. The future \_\_\_\_\_ into the present and that future \_\_\_\_\_ on the present so be \_\_\_\_\_ and authentically here in the now. Now is \_\_\_\_\_.

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. What is a different way to say “be completely present in mind, body and spirit”?

2. What does “present means gift for a reason” mean?

3. Complete the chart below. Write situations + how it is when you are either in or not in The Present Moment.

Situation	“Being vs. Not Being” in the Present Moment
Eating	When I am mindlessly eating (for example, while watching TV), I am not really TASTING the food.

**STUDENT NAMES & CLASS NUMBERS:**