

# Life Mastery 2



## Session 10 Be Here Now

By Mark Fournier

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# Be Here Now

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## Overview

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This Shift is based on the philosophies taught in powerful works such as Eckhart Tolle's insightful book *The Power of Now*, the spiritual book *Be Here Now* by Baba Ram Dass, and many others. It is also one of the simplest and fastest Shifts of all for all you really need to do is 'Focus on the Moment'.

The main principle behind this Shift is founded on the knowledge that virtually all emotional pain (from regret and resentment) to fear and overwhelm is due to focusing on either the past or the future, but when we become fully *present*, our distress can instantly evaporate. Even depression can be effectively treated by learning to be more present.

When you think about it, very little of our emotional pain is the result of what is happening right here in this moment; almost without exception, it is the result of something we are either lamenting over or anticipating.

So what if we could just 'turn off everything but the here and now' what would that look and feel like?

The answers are all around you... just think of a time when you were completely and entirely caught up in the moment... while making love, laughing in a movie theatre, savoring something delicious on your pallet, creating or designing something wonderful, interacting with your children, getting a soothing massage or facial, and so on.

In these moments however brief they may be, all our problems seem to drift away. It can be healing, stabilizing and even glorious to release all of your problems and concerns at once, even if for only a few moments at a time.

But for most of us, forgetting our problems feels irresponsible and even delusional; after all, if we do nothing but sit around in movie theatre's all day, who will pay the bills?

And this is a legitimate concern! But the answer isn't to choose one over the other, the solution is to learn how to be both in the moment *and* productive at the same time. How do you earn your living *now*? It's by *doing* something right? And *when* do you do that something... *right now* right? So imagine being 'totally present' *right now* while you are doing that thing that pays the bills. This might not sound like a lot of fun (especially if you don't enjoy what you are doing to pay the bills), but there are still rewards.

First of all, is it possible for you to enjoy what you are doing while you are doing it if you are fully engrossed in it? Could you for instance actually enjoy doing the dishes if you

begin to sing and dance as you wash, focusing entirely on the dish that is in your hand, marveling at the sparkling water as it flows over the gleaming porcelain surface, rainbows swirling around the bubbles as they form and drift across the plates...the warmth of the soothing water running over your hands...

It gets better... in addition to the joy you might create during this experience is the fact that *whatever* you're feeling may be far more rewarding than focusing on a painful past or future issue that you can do nothing in the moment to resolve.

So at the very *least*, focusing on the moment can spare you the pain of focusing on difficult past or future issues. At the very *most*, focusing on the moment can greatly enhance your life... in fact it can *define* your life because NOW is all there really is... so now is when your life exists and it is all that ever will. NOW is also the only time you will ever have to 'resolve' the future issues that are plaguing you.

There is another way of looking at the power of Now... and that is in having the ability to visit *Now* off and on... let's say for instance that you are dealing with a particularly stressful or difficult situation that has put you on the Dark Train, and you are no longer being productive... at this point it would serve you to stop what you're doing and get off the Dark Train before going back to your work or situation. And focusing on the moment can help you do so. So imagine that you stop for a few minutes, focus on the present moment... centering yourself and finding peace. And then, once you are in a more empowered state, you go back to doing whatever you need to do to address your issue, finding that you are not only much happier or more at peace, but you are also much more effective due to your new empowered state. And you can go back and forth as often as you need to in order to remain in a more peaceful or joyful state.

The *Be Here Now* Shift also works very well with many other Shifts such as the *Focused Breathing* Shift; being present is frequently used in many forms of meditation as well as during breathing exercises. And specifically with *Focused Breathing* it can be very effective to repeat the words 'Be Here Now' while either breathing in or breathing out. Sometimes it helps to alternate between the words 'Be Here Now', 'Letting Go', and 'Everything Always Works Out' as you slowly breathe in and out.

If you watch a child at play you can often times see them living entirely in the moment... joyfully, passionately, peacefully... oblivious to the past or future. There is power in this and it would serve us all to learn how to cultivate the ability to move in and out of the present at will.

The Buddha is said to have mastered the practice of living in the moment while sitting beneath a lotus tree for many days on end, focusing entirely on a single lotus flower. It is even said that this is when he attained 'enlightenment'.

'Mindfulness' is about being fully present and aware of what is happening right now... in this very moment... to be 'mindful' of the moment. This is a powerful state worth cultivating and mastering.

Ideally, when choosing to be mindful, you will focus on something in the moment that is *pleasant* rather than something unpleasant. If you are outdoors, it could be the vibrant colors surrounding you, the wispy clouds drifting overhead, a spray of lily's, a spreading maple, an aromatic breeze, a creative detail in the entry to a building across the street. If you are indoors it could be photographs of loved ones, a piece of furniture or artwork you're particularly fond of, it can be someone's smile or smell or soft skin...or the sound of your own breath as you draw in long deep breaths to the count of five. Whatever you choose, the secret is in surrendering yourself to it, not just 'noticing' or glancing at it, but immersing yourself in it until it is all you know... and in that moment you will be fully present and all your past and future suffering will fade away.

The ultimate form of this is known as 'FLOW'. In [positive psychology](#), **flow**, also known as **the zone**, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does. In flow, the emotions are not just contained and channeled, but positive, energized, and aligned with the task at hand. The hallmark of flow is a feeling of spontaneous joy, even rapture, while performing a task. For many, learning to spend as much time as possible in 'flow' is the true secret to happiness.

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## The Shift

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### Be Here Now

**This Shift is primarily used for helping yourself and others to:**

- Overcome Stress, Fear, Anxiety and Overwhelm
- Combat depression, regret, guilt and resentment
- Get off the 'Dark Train' and onto the Bright Train
- Eliminate Stories
- Find peace, joy, and possibly even 'flow'

This Shift generally involves the you doing most of the talking.

**Vocal style:** Calm

**Music:** Calm

### Set Up

As a reminder, one of the first things you need to do is to find out what State they are in 'now' and where you need to 'take' them. And you do this by asking them the following simple questions:

- 1) How are you feeling today (mentally and emotionally)?
- 2) How would you *like* to be feeling?

If you decide on the ‘Be Here Now’ Shift you will move to Step #1 below, however, if the subject is highly agitated, distracted or unable to fully relax for some reason, you may wish to combine this with another ‘calming’ Shift such as *Focused Breathing*.

### **Step #1**

#### **Get permission to ‘take a break’:**

Ask them to pay attention to whether their emotional distress is over something in the past or future. Once they recognize which it is, ask them if they would be willing to take a break (for the moment) from their pain and suffering... and go on a kind of ‘emotional vacation’. If they agree to this request move on to step #2 below:

### **Step #2**

#### **Make a selection:**

Ask them to come up with a few positive things that they could focus on right here and now... and help them with the list. If they are unable to think of anything at all, give them a few options of your own, which might include something as simple as handing them a flower and suggesting they do as the Buddha did and focus only on the intricate details of the blossom. To attain ‘flow’, you will more likely want it to be an activity they love such as painting, designing, playing the piano, etc.

Once they have selected what they wish to focus on, make sure it is right here and now in this moment (not an experience from their past or something yet to come), and then move on to Step #3 below:

### **Step #3**

#### **Narration**

At this point you will softly and gently guide and direct their attention to the thing they wish to focus on... narrate for them at first, almost as if you were hypnotizing them, or taking them through a guided visualization... of only the thing they are focusing on.

Gently describe it to them, direct their attention to the color and velvety texture of the pedals, the intricate details and patterns of the fabric of their purse, the deep penetrating pressure and warmth of your hands as you massage their muscles, the sound of your voice... the goal is to keep their mind busy focusing as intently as possible on here and now, and then, to take them deeper and deeper into the now... until they are so focused that the rest of the world, including the past and future disappear completely.

As you continue with this process begin to speak less and less allowing their mind to start taking over and their focus to heighten further still... until you will ideally be able to stop speaking altogether and allow them just to ‘be’.

Let them remain in this moment for as long as possible. If they begin to lose focus, ask if they would like to chose another subject and then begin once again guiding their focus. You can also travel from one subject to another as you go, you needn’t spend the entire time focusing only on a single thing, just make sure it is in the here and now. **This is something you can do for yourself or others at any given moment.**

#### **Step #4 (Client Assignments)**

Before releasing your subject, recommend that in order to sustain and build upon the positive feelings you've created together, that they do the following:

- When they notice themselves experiencing emotional distress, pay attention to whether it is over something in the past or future. Once they recognize which it is, have them select something pleasant in the present and focus 100% of their entire being on that one thing until the issues causing them pain and suffering fade away. Once they are more emotionally centered, they can then take actions in the NOW that will allow them to address and act upon their future issues without needing to *focus* on the future.
- Ask them to get others in their life practicing this as well.

#### **Summary:**

For some the Be Here Now Shift sounds almost too easy to be real. But once you realize that *being here now* is really where all your power lies, you will see how this power can then be used to create virtually any state you wish.

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## Assignments

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Take on as many of these assignments as possible (remember, it isn't what you *learn* that will help you master this process, it's what you DO).

#### **Continuing Assignments:**

Continue enrolling others into your Support Community.

#### **Continuing Assignments:**

Continue sharing the lessons you've learned thus far with as many members of your Support Community as possible.

#### **Continuing Assignments:**

Practice applying the 'Loving What Is' Shift to your own life throughout the week

#### **Continuing Assignments:**

Do the 'Loving What Is' *assignments* for yourself (as listed above under Client Assignments).

#### **Continuing Assignments:**

Practice applying the 'Loving What Is' Shift with members of your Support Community throughout the week

#### **Continuing Assignments:**

Continue applying the 'Focused Breathing' Shift to your own life throughout the week

#### **Continuing Assignments:**

Continue applying the 'Focused Breathing' Shift with members of your Support Community throughout the week

**Continuing Assignments:**

Practice applying the ‘S.W.A.P.’ Shift to your own life throughout the week

**Continuing Assignments:**

Do the ‘S.W.A.P.’ *assignments* for yourself (as listed above under **Step #5** Client Assignments).

**Continuing Assignments:**

Practice applying the ‘S.W.A.P.’ Shift with members of your Support Community throughout the week

**Continuing Assignments:**

Create your own EAWO Journal, use it not only for yourself but to show your clients what to create for themselves.

**Continuing Assignments:**

Practice Focused Breathing while using the phrase ‘Everything Always Works Out’ as you inhale, and ‘Letting Go, Letting Go, Letting Go’ as you exhale.

**Continuing Assignments:**

Practice applying the E.A.W.O Shift with members of your Support Community throughout the week.

**Continuing Assignments:**

- All week long ask yourself... What is GREAT about this?
- Share it with others all week long and help them find ‘what’s GREAT’ too!

**Continuing Assignments:**

Any time you find yourself (or others) looking at the worst case scenario do two things:

- 1) Keep going... once you get to the worst case scenario, ask what would be GREAT if that happened... and keep asking until you don’t care if the worst case occurs because the outcome will still be GREAT.
- 2) Once you’ve figured out what would be GREAT about the worst case scenario, ask what would be the *best* case scenario... what if the worst case never happened?

**Continuing Assignments:**

- All week long pay attention to whether you or others are on the Dark Train.
- When you see someone on the Dark Train (including yourself), practice helping them off.

**Continuing Assignments:**

Share the steps with your Support Community for getting YOU off the Dark Train so they can help YOU off the Dark Train in the future.

**Continuing Assignments:**

All week long pay attention to whether you or others are on the Dark Train or the Bright Train while seeing if you can then move onto the Observation Platform using these tools

**Continuing Assignments:**

Share the steps with your Support Community for moving onto the Observation Platform

**Continuing Assignments:**

All week long pay attention to whether you or others are responding to the facts ('A') or to your interpretation of the facts ('B'), and whenever possible, go back to the facts and toss the interpretations aside.

**Continuing Assignments:**

Teach Assignment #1 to others.

**Assignment #1:**

All week long pay attention to whether you or others are living in the moment or focusing on the past or future and when you see yourself or them in the past or future, stop and do all you can to focus 100% on something pleasant in this moment.

**Assignment #2:**

Teach Assignment #1 to others.

**Optional Assignment:**

'Think about your Thinking': For the next week, pay attention to your *conscious* 'thoughts, Stories and Self Talk', notice throughout the day the kind of things you *tell yourself, think about* and *focus on*, then experiment by replacing any *negative* 'Focus, Thought, Self Talk or Stories' with more *positive* ones and see how differently this makes you feel and behave.

**Optional Assignment:**

'Pay Attention to what you Pay Attention to ... Notice what you're Noticing': For the next week, be aware of what you are 'looking for' in your circumstances and in others, next, experiment by *looking for* new more positive things in each of these scenarios and see how this changes what you 'see' and consequently how you feel and behave.

**Optional Assignment:**

For the next week, pay attention to the difference between 'what is happening' and your *interpretation* of what is happening. See if you can remove your interpretations from the equation and see things for what they 'really' are. This is nearly an impossible feat, but just see how close you can come to pulling it off.

**Optional Assignment:**

For the next week, pretend that it's all just a game... and view each challenge that comes along as you would if it were only Hide-N-Seek, and would all work out in the end.

**Optional Assignment:**

For the next week, begin figuring out how you can eliminate the things in your life that wouldn't really matter if you knew you had only a year to live, and begin focusing more on the ones that *would* still matter.

**Optional Assignment:**

For the next week, refuse to look at anything negative that happens as being a catastrophe, see it instead as nothing more than an inconvenience... or better still as a catalyst for something wonderful.

**Optional Assignment:**

For the next week, do everything in your power to keep from judging others... accept that their behavior is appropriate for their perceptions and programs. And whenever you get the opportunity, ASK them to describe 'what they see and how they feel' so you can too can see inside of *their* Glass Box. Make sure you paraphrase what you've heard.

**Optional Assignment:**

For the next week, any time you feel yourself slipping into fear or self-pity, pretend that you are a 'wild animal'... then go about your day as they would and just refuse to give it another thought.

**Optional Assignment:**

For the next week, take every single dark or negative thought as it occurs and immediately replace it with a better, more positive one, and then act upon it.

**Optional Assignment:**

For the next week, practice replacing your vacation-hells with vacation-heavens. Then once you've affectively climbed aboard the Bright Train, practice returning to NOW and appreciating the moment.