

PRESENT MOMENT AWARENESS



Table of Contents

Introduction..... 3

The Power of This Moment 6

 What Is Present Moment Awareness?.....6

 Why Is Present Awareness Important?.....9

The Problem with The Past..... 14

 Why We Get Stuck In The Past14

 The Problems With Living in The Past.....16

 5 Steps To Stop Living in the Past17

Future Worries..... 20

 Why We Fret About The Future21

 The Problems with Worrying Too Much About The Future.....22

 5 Steps To Stop Worrying About The Future23

Present Moment Awareness 26

 Why We Struggle to Live In the Present Moment27

 The Present Moment Awareness System30

Conclusion 36

Introduction



Mobile phones and the World Wide Web debuted in the early 1990s. We now have a generation who've been distracted by, obsessed with, and consciously devoted to screen time and "always-on" connectivity their whole lives.

The National Electronic Injury Surveillance System (NEISS) has proof that this isn't always a good thing.

They tell us that in 2002 there were only 17 cell phone-related injuries for every 100,000 people in the US. Jump ahead to 2015. That year there were 138 reported injuries per 100,000 Americans.

That's an increase of more than 700%.

The injuries reported most frequently were abrasions and contusions (34.6% of all reported cell phone-related injuries), lacerations (29.5%), and sprains and strains (19.7%). Head over to

YouTube, and you'll see that many of these types of injuries happen for one very simple reason.

Someone failed to live in the present moment.

The number of videos showing people blindly putting themselves in harm's way because their eyeballs are glued to their smartphone displays is alarming. While this might be an extreme example of the dangers of failing to embrace the present moment, it's one you can probably identify with.

There are more sensory distractions than probably ever before in human history. They beg us to pay attention to things we usually have little or no control over, which is unhealthy.

Put simply ... present moment awareness is not common these days.

There are plenty of reasons why you need to spend more time in the singular moment that exists right now. The first and foremost reason is quite apparent ... the only thing you can influence in any way is the present instance you are experiencing now.

You can't control the past. It's gone. Obsessing over it keeps you from enjoying a beautiful reality and great future.

Worrying too much about tomorrow means you're more likely to experience a future that isn't anywhere near as good as it could be. You obsess over future events so much that you don't use the present moment to prepare for them properly.

If you want less stress and anxiety in your life (and who doesn't), this report on living in the moment will help.

We cover the term "present moment awareness" and why it's important. You'll discover why getting stuck in the past mentally isn't healthy. Then we'll share some simple tips for helping you put past events in your rearview mirror for good.