

## ***Focus on Being – Here and Now***

Being here and now is a good place to start.

Awareness of what you are experiencing right at this moment, validating it, and owning it, is what gives you the power to then change it to something you prefer.

Take a deep breath right now. Breathe in slowly, filling your lungs up from the bottom. Do you feel any constriction? If it feels like there is something around your chest that makes it difficult to breathe fully, it means that there is an underlying issue that requires your immediate attention.

Is this an uncomfortable feeling? Yes it is. In fact, it can actually be quite painful, to the point that it feels like the heart is about to implode. There's also tension in the shoulders, uncomfortable tingling sensations radiating out to the arms, face and legs, and a compulsion to disconnect emotionally from everything.

This feeling, right at that moment, has a very good reason for being there, and it can be used as a positive tool if you can begin to understand its purpose.

What is this experience?

It's your heart telling you to be here and now. To stop doing other things and take a look within.

The truth is that your heart has intelligence, it knows who you truly are, and is there to help guide you towards your full realisation. Your heart would often nudge you to make certain choices that, it knows, would get you where you want to be. Ignoring those little signs is what increases their magnitude, until it feels like your heart is screaming at you, as if to say: "stop". Stop distracting yourself with useless media, stop looking for those external stimuli that appear to make you happy, just STOP. Stay here and now.

As I write these words, I acknowledge the deeper reasons for having such experiences. You see, it is this type of feeling that has brought me here and is now urging me to finish this letter, so that it can be there for you, when you are ready to read it. In many ways, I'm here with you, and I know what you've been going through. This time, it was my heart saying: "You've got to write this out. These understandings are far too important to just keep to yourself. You've started this letter a while back, so keep going, get it out there. Don't wait until there is some perfect moment of inspiration, your writing has capacity to heal in whatever state it comes, just write."

And that's a very powerful tool I'd like to share with you now – write.

Keep a journal. Listen to your feelings and write about them as they come up. Write down questions about your life and invite the answers to come through. Be totally open and honest with yourself. Imagine that you are speaking with someone who knows you, intimately. A dearest and closest friend – who knows everything about you, yet places no judgement on the choices you've made in the past, and whose only concern is what you're being now.

Being willing to be guided by the wisdom of your heart is what can allow you to experience some of the deepest levels of joy and inner peace. As I am finishing these words, with tears in my eyes, I am there now.

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Be gentle with yourself.

When you start talking to your heart and open yourself fully to what it has to say, some strong emotions may rise to the surface. Not all of them will be pleasant, some may be frightening or even painful. Encourage yourself to keep working through them by remembering the following truth – if you are experiencing something, it is a sign that you are strong enough to handle it.

Having the ability to perceive unpleasant emotions means that you are now ready to face them, to integrate them, and to create more space for love to come in.