

## We gather at the Harcourt flame Thursday, April 2, 2020



Spiritual leaders from almost every major world religion have all advised that there are best practices for staying in the “Now.” It is totally unhelpful to either regret the past or imagine a future. The only time that really exists is right now. Our monkey brain just loves to fret about what is not yet. Our task is to mindfully remind ourselves – over and over – that only the present moment exists, and it has all we need to live it well. More easily said than done, I grant you. Here is a spiritual practice that have worked for me:

- *Mindful breathing*

It’s amazing how many spiritual leaders suggest that we start with paying attention to our breathing. I scoffed at this at first too. However, over the years, this has proved to be the best tool I have to bring myself back into the present moment when I find myself racing into the future of all kinds of disastrous scenarios.

Mindful breathing is as simple as paying attention to our breathing, and saying to ourselves, over and over “Breathing in...”; “breathing out...” When I find myself distracted yet again by some future imagining, I simply begin again: “Breathing in... breathing out...”

It’s amazing how, with practice, this simple technique brings you back to, and keeps you in, the present moment – the only one that counts.