

The Present Moment

by David J. Fiala, MSSA, LISW



The following article is an excerpt from the script of various individual sessions from the webinar offered in the seminar ***The Power of Your Awareness***. I have been using the content of this webinar as a training tool for over 20 years. It has been very effective for practitioners and lay persons in learning mindfulness based skills. In the words of recent participants, “The webinar was truly life changing for me.” “I thank you from the bottom of my heart for what I have learned. I feel like I’ve searched my whole life for those answers that you so incredibly simplified. You are truly gifted.”

I hope you will enjoy and benefit from the example of these introductory tools.

The Present Moment

The Present Moment holds the key to many things in your life. By getting acquainted with the Present Moment, you can actually achieve success with the most challenging of circumstances. All your power is in the Present Moment. Within the Present Moment, you can even overcome the mind!

No one on this planet can get away from the Present Moment. The Present Moment is always with you. However, even so, you’ve managed to get away from it. You have, in fact, disconnected from it without realizing it. There is one way that you have managed to unintentionally lose your connection, avoid, or disconnect with the Present Moment. That one sure fire way is for you to engage your mind and to become absorbed in your thoughts. The mind is so entertaining, you can easily get lost in its maze-like thoughts (the voice in your head) and images. My mind can be very entertaining. What about yours?

Here’s just a very short list of descriptive experiences with the mind. It is from an imaginary best-selling book entitled Entertainment by the Mind. Just listen to these statements:

1. Sometimes the mind is like a **circus**.
2. Other times it’s a **great drama**.
3. While at other times it’s filled with **laughter**.
4. And then it’s filled with **“imaginary arguments** filled with anger.”
5. And again, at other times it’s a **great love story**.
6. And the experiences are endless.

In one moment the mind goes to heaven. The next it goes to hell, and then back to heaven – all in a matter of seconds. Wow!!! Fortunately for all of you, including myself, no one is inside your head watching or listening. All of this goes on and on and on in the privacy of your own mind. And still, the mind goes, goes, and goes, like a treadmill. It never stops with its seemingly unlimited supply of thoughts and images. If you’re fortunate, your mind finally gets downright tired and exhausted and may pause for a moment. However if you continue to allow it, you, along with your mind, are constantly on a mental treadmill. How exhausting!

Stop and pause, and ask yourself: “Is this what I really want?” Of course it isn’t. Nevertheless, this may be the very reason you’re dealing with so much intensity inside of yourself at this time. This treadmill syndrome has brought you to this article. You

might also be asking yourself, “How did I get here?” In a very broad sense the answer is quite simple. “Whatever you focus your thoughts on is what you get.” Take a small fire for example. If you continue to feed it, it will grow larger and intensify. Your thoughts are that fire.

Another way of simply responding to this question is, “**anything** you focus on is what you get.” The more you intensify your focus on that “**anything**,” whatever it is, the bigger it gets. I would like to think that this is obvious to you. The question is, “Do I realize this and take the appropriate action?” There is a very clear reason for the intensity of your focus making things more intense, of which I will clarify at a later time. For the time being, our focus is on the Present Moment.

With each Moment you have a choice about what to do with your mind and on what you wish to focus. Each Moment holds the key to everything you’re longing for. Perhaps you’ve heard over the years the cliché, “you need to live in the Present Moment.” Where you focus, what you **do**, **feel**, and **think** in the Present Moment determines everything in your life. Again and again, with each Moment, **you have a choice and the ability to respond** with regards to what you do with your mind and its vast array of thoughts.

Have you ever heard of the **Power Statements**? “***I always have a choice and the ability to respond.***” “***I can do this. I can do whatever it takes?***”

The choice is yours. In what do you want to become absorbed? Is it your thoughts that you want to experience? Or is it your Heart that you want to experience?

In this life, you’ve been given a choice that you may or may not be aware of. To some degree you may have been already been working on it. The choice, the question, is, “Do you want to make the goal of life your mind, or do you want to make the goal your Heart?”

What do I mean by this? As I just communicated a few moments ago, whatever you focus on is what gets bigger. It’s as simple as this. So, do you want to become absorbed in your thoughts and the world of your mind and watch this get bigger; or, do you want your Heart to have your focus and experience it expanding with love?

I want to remind you about what I have stated previously about the mind and the necessary process of thinking as part of one’s employment or academic pursuits. Of course I support this necessary process. Of course this is more than acceptable.

The qualifying statement to this is that I simply ask you to be conscious of being aware that you are engaged in the process of thinking. If you are, then you’re in your Heart. If you not conscious of the process, then you are on automatic pilot and you are officially identifying with and absorbed in your thoughts – therefore, “in your head.”

So, if your goal is to be in the Present Moment, then the last place you want to be is in your “head.” Why? Because the undisciplined mind -- by way of your thoughts -- will usually take you to the past or future.

What do I mean? Reflect on what I’m about to say carefully. If you ever pay very close attention to your thought content, you will notice that virtually all thinking is either past or future oriented. Your thoughts, my thoughts, are appropriately addressing some sort of person (including yourself), issue, or situation that has a relationship to the past or future. Even when there is an effort to focus in the Present Moment, the moment you do, that moment is already past and there goes the Present Moment right out the door. Ultimately, you can’t think your way into the Present Moment. Your mind will lead you to the Present Moment, but it can’t keep you there.

There are many subtle and not-so-subtle dynamics which the untrained mind engages in that contributes to your disconnection from your Heart and the Present Moment. This whole process I am taking you through is to help and guide you through the vast array of thoughts, feelings, and emotions that you experience – all the while keeping you connected to your Heart. It is your Heart that holds the Present Moment.

For all of the reasons that I’ve been discussing with you in this article, perhaps now you can begin to appreciate more fully the underlying reasons for **Practicing the Keys to Happiness**. The Keys to Happiness and how you can incorporate them into your life are discussed fully in the webinar Power of Your Awareness, which is available online at the HTP website and mentioned below. These simple practices are very profound and the mind will never be able to comprehend their profound nature because of their simplicity. When you’re engaging the process of practicing these **Keys to Happiness**, you’re doing considerably more than just relaxing your body. The keys take you to your Heart. The keys are in fact taking you to a place that knows no time,

where time ceases to exist - **The Present Moment and Love.**

About the Author;



David J. Fiala received his bachelor's degree from John Carroll University in religious studies and his master's degree from Case Western Reserve University in social work. He is a licensed independent social worker. He is EMDR certified and has also attended the world- renowned Barbara Brennan School of Healing with a certification in Healing Science Training. David serves as a consultant to corporate, educational and healthcare institutions on integrative medicine.

David isn't your ordinary trainer; he has lived through what he now teaches. His past experiences of overcoming his life challenges have enabled him to develop and offer solutions to the challenges that most of us face when trying to grow and develop in areas that frighten us and ultimately paralyze our forward movement.

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