

# Living in the Present



## **Daily Nourishment**

**Nourish your Spirit with Stillness**  
**Nourish your Mind with Knowledge**  
**Nourish your Heart with Love**  
**Nourish your Body with Living Food**  
**Nourish your Relationships with  
Thoughtfulness**

- Dr. Ong Tien Kwan

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**Personal Transformation**

# OUTLINE

1. What is “living in the present”?
2. Why is it desirable?
3. How to “live in the present”?



# What is “Living in the Present”?

- How are you living now, if not in the present?
- Living in the present is:
  - ❖ Not living in the past or future
  - ❖ Living well (optimally) right here and now
  - ❖ Mind going nowhere

now here



# Why worry?

IF YOU CAN  
SOLVE YOUR  
PROBLEM,  
THEN WHAT  
IS THE NEED OF  
WORRYING?  
IF YOU CANNOT  
SOLVE IT,  
THEN WHAT  
IS THE USE OF  
WORRYING?



**Personal Transformation**

# Requirements

- **Mindfulness**
  - aware of the object of attention
  - non-judgmental attitude
- **Look inward**



# Why is it desirable?

- **Physical benefits**
  - ❖ improves immune system
  - ❖ improves sleep
  - ❖ lowers blood pressure
  - ❖ healthier heart
- **Mental benefits**
  - ❖ more joyful
  - ❖ less stress
  - ❖ live longer



# Now is the only Time!

- **Past** – cannot be changed
- **Future** – has yet to happen
- **Present (Now)** – the only time to create, sculpt and manage your life



# How to “live in the present”

- Required skill: **mindfulness**
- Goal: to see things as they really are
- Method:
  - **Recognise**
  - **Accept**
  - **Investigate**
  - **Non-identification**





# Observe

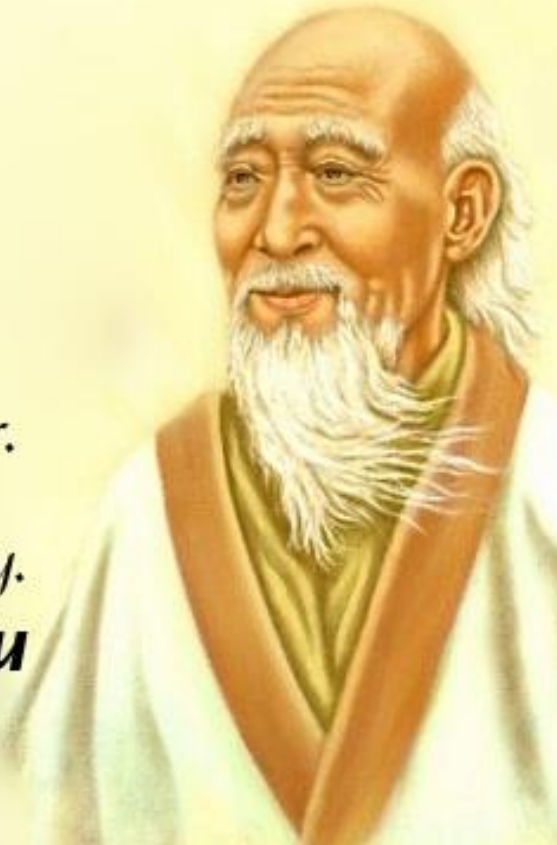
1. Body, **feelings, thoughts**, dhamma
2. Mental **states & habits**  
(tendencies/inclinations)
3. Wholesome or unwholesome?
4. Arising-passing away



# Mental Habits

*Watch your thoughts;  
They become words.  
Watch your words;  
They become actions.  
Watch your actions;  
They become habits.  
Watch your habits;  
They become character.  
Watch your character;  
It becomes your destiny.*

**Lao Tzu**



# Wholesome or Unwholesome

- Skillful
  - Absence of
    - greed
    - hatred
    - delusions
- Unskillful
  - Presence of greed, hatred & delusions



# Arising-Passing Away

Nutriments / energy

**Feed** what is **skillful**

**Starve** what is **unskillful**



# Some Examples of Mental Habits

- **Unskillful**

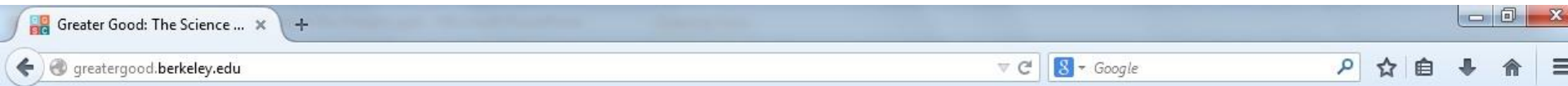
- Assumption
- Beliefs
- Criticize
- Denial
- Expectations
- Fearful
- Greed
- Hatred
- Ill will
- Judging

- **Skillful**

- **Acceptance**
- **Beliefs**
- **Compassion**
- **Detachment**
- **Expectations**
- **Forgiveness**
- **Generosity, Gratitude**
- **Humility**
- **Joy**
- **Kindness**
- **Love**



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## Starved for Time? Here's a Surprising—and Easy—Solution

Work & Career, Mind & Body, Happiness, Mindfulness | November 4, 2014

Christine Carter explains how "doing nothing" could be a key to



Phang Cheng Kar, Yaśas Liew YL and 44,308 others like this.



# What can you do?

- **Watch mind**
  - ❑ **State of mind** – peaceful, tranquil or agitated, disturbed
  - ❑ **Attitude of mind** – humble, open, eager or arrogant, closed, resisting
- **Mental hygiene**
  - ❑ Mental habits, “busy”-ness, proliferation of thoughts, worries
- **Cut down on physical “busy”-ness –**
  - ❑ Know what is important, prioritize, do less, don't multitask - Do one thing at a time, Do it slowly and deliberately



- **Savour the experience**
  - Do not rush through it, even the painful, e.g. eat mindfully
- **Take care of relationships**
  - Parents, siblings, friends, colleagues
  - Everything you want in life, you get from others
  - Practice gratitude
- **Communicate attentively**
  - Active listening, non-judging, gentle speech, encouraging words, practice loving-kindness







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**Personal Transformation**