



Meditation of the month

Be here, now

Meditation on the present moment. By Jill Lawson

If you let it, the holiday season can easily steal your attention away from the present moment, let alone thieve the contents of your wallet. This time of year has most people desperately shopping for the perfect gifts, but sadly forgetting that the best presents are those that money can't buy.

The best gift you can give to yourself and others is the realisation that this moment, aptly called the present, contains everything you need to be as happy and fulfilled as you can be. The old adage, "yesterday is history, tomorrow is an illusion, today is a gift," holds a lot of truth. Having this day, to laugh, to love, to live, is bigger than anything that has ever been bought and wrapped and tied in a pretty red bow.

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Be present

Reconnect with the present moment and rediscover all of the wonderful gifts found in the here and now by practicing the following meditation. Learn how to embrace the past and trust the future, so you can fully enjoy the gift of being here now.

To begin, sit in a comfortable position free from external distractions.

With both eyes closed, imagine you are seated on top of a tall cliff, overlooking the ocean.

Now, send your imagination all the way to the bottom of the deep and mysterious ocean. See the ocean floor full of remnants of the past, shaping its appearance to accommodate the many changes that occur over time. Observe millions of years of history lying beneath the ocean's powerful waters.

Next, see the early morning sky perched patiently above the ocean, in anticipation for what is to come. Visualise a colourful sunrise radiating the infinite possibilities of a fresh and promising future, extending as far as the eye can see.

Poised in the present moment, between the deep past and the sky-lit future, are the waters of mindfulness. While sometimes turbulent, and other times calm, this fluid and dynamic moment is all we have. The past may offer us a solid foundation, while the future holds space for hope and promises, but the present moment is the place where joyful awareness, the ultimate gift, resides.

Let your vision of the ocean of mindfulness be full of abundance. Realise the gift in being in the moment and share this gift with others. Release your holiday stress and embrace the present moment as the gift that keeps on giving.