

# LIVING IN THE “HERE AND NOW” MEDITATION

## **PART 1: To say in silence, “I AM...HERE”:**

As consciously as possible – preferably in the movement of a single, slowly taken in-breath – gather all of your attention into the words, “I AM” ...

...And then on the out-breath ... (silently say, or think the word) “HERE” – meaning: I am *in my body* aware of – as fully present as possible to – the presence of every sensation moving into or through me. So that in this heightened act of attention, there’s no sense of separation between my awareness of these registrations, and the part of me that’s being made aware of them in that moment, heartbeat by heartbeat.

## **PART 2: On the next breath, or after having completed the first part, to say in silence, “I AM...NOW”:**

And again, as with Part 1, as consciously as possible – preferably in the movement of a single, slowly taken in-breath – gather all of your attention into the words, “I AM” ...

...And then on the out-breath ... (silently say, or think the word) “NOW” – meaning: My attention is now fully vested in the awareness of my own consciousness, along with whatever sensations it is registering. So that in this heightened act of double attention, I am present to whatever may be the bodily sensations and, at the same time, the awareness of that awareness.

## **PART 3: On the third and last breath of this practice, after having completed the second part, to say in silence: “I AM...THAT I AM”:**

And again, as with Part 1 and Part 2, as consciously as possible – preferably in the movement of a single, slowly taken in-breath – to gather all of your attention into the words, “I AM” ... breathing into them the inclusive, encompassing impression gathered from the first parts and...

...On the out-breath ... (to silently say, or think the words) “THAT I AM” – meaning: I am not only my senses, as well as my consciousness of them, but my true nature, the timeless Self, is more than the sum of these parts that live in time.

**NOTE:** This practice may be done whenever or wherever you wish, e.g., as part of a meditation, during a walk, in your bed unable to sleep or wanting to have a restful night, seated at your desk during a short break...whether just once, or for the full recommended five minutes.

— Guy Finley