

Follow Rover: Living in the Present

Most pet owners know that their animal companion lives in the present time. Most humans spend 90% or more of their time thinking about their past or their future. Many of us are governed by our to-do lists plus a series of activities. Being present, an ability of animals, babies and young children, is a way of living deeper and enjoying life more. Quite simply, being aware and living in the present moment is a means of increasing your ability to notice the inter-connectedness of all living beings, to increase the wonder of the natural world, and to feel more fully alive.



Living in the present moment means simply noticing what's *present* as you do whatever you do. For instance: Do you feel the movement of your breath? Are there other sensations? What thought is drifting through? When you practice this mindful behavior, you may feel that your life is standing still for a moment.

Being in the present moment gives you a sense of space, depth, and perspective. It frequently creates powerful memories for us as it slows us down and reduces stress and tension. Dogs play when they play, enjoy their sleep when they nap, and then are usually ready for adventure. If they are tired, they rest. Present moment living can be cultivated in small doses. When you are driving, just drive. When you are eating, be aware of eating, how your body feels with each bite. Reduce noisy distractions.

Multi-tasking frequently adds stress to our daily lives. We do not need to do more; we need to just return to the present moment to increase our health and well-being.

For more resources to assist you in taking charge of your health and well-being during times of transition, visit HeartHill.com.