

Present Moment Awareness Exercise

Learning to be present in the moment allows for increased clarity, it gets us you of your head, and it helps you connect with your deepest truth.

Developing the skill of present moment awareness is surprisingly easy. Take a few slow, deep breaths, and then observe the thoughts, feelings, sensations and mental images that are occurring for you. If you continue doing this for more than a few breaths, congratulations! You are now meditating. ☺

How to use present moment awareness to connect to your intuition

You can use present moment awareness to access your intuition and get an answer about any area of your life you may have questions about. The process is simple, and it generally takes about 5-15 minutes for someone who has never done it before. It takes me less than a minute, most of the time.

1. Get in a quiet and comfortable place.
2. Write down the question you would like an answer to. (TIP: Take care with the wording of your question. The question should be short, clear and precise. Ask for exactly what you want to know.)
3. Take 3 deep, slow breaths. Allow your entire body to relax and your mind to go blank. If this takes more than 3 breaths, keep going until you feel mentally clear.
4. Mentally ask your question. It's ok to read it silently.
5. Hold on to the energy of the question for a few seconds, then let the question and the energy go.
6. Breathe deep, slow breaths until an answer arises or appears. The answer should feel like it's coming to you, so if you feel like you created the answer, let that answer go and keep the space open for the answer to arise or come to you. You may have to let multiple answers go, and that's perfectly ok. That's normal. Keep at it until the answer appears or arises.

That's it! Only 6 simple steps, and once you've practiced this, it can take 30 seconds. Sometimes I don't even finish my first breath after asking the question before I have an answer. Other times it takes a minute or two, especially if it's a difficult question or something I've struggled with.