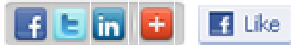


## Patrick McClure

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**Sent:** Tuesday, July 26, 2011 4:11 AM  
**To:** patrick@connexiagroup.com  
**Subject:** How to Live in the Now

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# Living in the Now

Jul

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I've been a member of ProGrowth for two years now, and it's one of the finest Business Networking Groups you can join.

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***"Focus on the now -- that intensely alive state that is free of time, free problems, free of thinking, free of the burden of personality."***

*From ""The Power of Now" by Eckhart Tolle.*

In our last newsletter (June: *Mindfulness*), we delivered the startling news th average human being spends only about 2% of their time "in the present." rest of their time is spent in a variety of activities such as daydreaming, won about an imagined and dangerous future, worrying about the past, experien negative emotions, remembering the latest television show they might have watched, and so on and so on.

There are hundreds, perhaps thousands of ways your attention can be diver from this present moment, and learning to capture the illusive NOW is a disc and a practice that can take years to fully master.

In today's newsletter, I will give a brief overview of some of the more effectiv techniques that are being taught, all with the purpose of leading you, the rea ever closer to the prized goal of Living in the Now. Read on....

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## THE MONKEY MIND

Whenever you consciously decide to be aware of the Present, you will probably contradicted by your "inner voice." You this out for yourself. Close your eyes for moment, take a few deep breaths, clear mind of any thoughts and then say to yc the following:

"My mind is like a peaceful, flow river. I am free of any thoughts or emoti



am aware of nothing at all."

If you will just focus on that thought, within a very few seconds you will probably "trigger" your inner voice, and it will likely come up with thoughts such as this:

"This is stupid. What a waste of time, you can't be aware of nothing. You can't do this, it won't work. You have to think all the time, it's what you do. You can't survive without thinking. You're stupid for even trying, blah, blah,blah."

What a surprise! Your mind doesn't like to be recognized!

One of the secrets to becoming fully aware is to recognize that there is a part of your mind that is almost completely out of your control. The Taoists (circa 600 B.C.) call this the "Monkey Mind," because it acts just like a monkey. Buddhist monks spend years in meditation during which time they learn to let go of these thoughts, stop clinging to the past or future, and attain a state of awareness free of attachment. More recently, psychologists write about the "egoic mind" which is the source of much of our emotional pain and suffering.

It doesn't matter so much what label you apply to your "inner voice," it just never lets up! It never stops talking to you. It babbles on incessantly with nonsensical thoughts, songs, commands, emotions, pictures, and thoughts. This rushing cacophony of noise operates as a constant distraction, preventing YOU from connecting with the present.

So the first part of becoming consciously aware of the NOW is to recognize that a very large part of our awareness has been trapped inside the Monkey Mind, and we must work diligently to free it up. But how?

## WATCH THE THOUGHT

The first step in freeing your attention is to recognize how and where it is currently trapped. One of the best ways to achieve this is an exercise which I'll call "Watch the Thought." Here's how it is done:

*1. Sit in a comfortable chair, back straight, relaxed, feet flat on the ground. Close your eyes and take several deep breaths (in and out...deeply)*

*2. Continue breathing very slowly until you have achieved a relaxed, calm, meditative state.*

*3. Imagine yourself as a silent observer of your mind. See yourself as separate from your mind, just observing it.*

*4. Watch the thought which pops into your mind. Watch it from outside. Don't react to it, don't resist it, just observe it from a neutral position. Let it flow through your awareness and disappear.*

*5. Watch another thought or emotion. Let it flow, develop, and change without any interference. Don't resist it, don't add energy to it. Just let it be. It will flow out and also disappear.*

*6. Continue to observe your thoughts and emotions. Don't react or resist, just accept whatever pops up and let it flow.*



7. As you continue the exercise, the amount of thoughts will gradually reduce in volume and quantity. Many times all thoughts will simply cease.

8. Enjoy the Silence.

This is a critical exercise in becoming free of our ego/mind. Through silent observation and careful "watchfulness", we become more and more aware of the action of our Monkey Mind. As we practice this drill, we begin to take back control of our awareness. In time, we begin to regain our Power of Choice.

In our next newsletter, we'll learn how to take this newly freed awareness and focus it on the Here and Now.

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What better way to write a book than to get thousands of friends to contribute their thoughts and ideas?

As many of you know, I have started to write my 3rd book, dealing with the critical preconditions to increasing productivity and performance. Turns out that Listening and Paying Attention are prime determinants of our success, and we can learn from some interesting sources. Some of our best ideas come from today's thought leaders, philosophers, psychologists and teachers. And many times, we're finding ancient lessons from spiritual masters of the ages. It turns out that Buddha, Confucius, Lao-Tze, Christ, and many others had some profound thoughts about "being there" and listening.

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Until next month,

### **Patrick McClure**

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