

## **The Now.**

Yoga and meditation teach us valuable lessons about how not to be stuck in grieving. Grieving for mistakes made in the past, mistakes in constant worry about potential risks we see in our future. We worry, and waste our precious moments that are devoured by mistakes.

How do we free ourselves from this mental habit?

We know deep down this is wasted time and that the only moment over which we have *some* control is the present one.

How is our presence in each moment?

While living in the past or worrying about the future we fail to absorb what the universe is giving us *for free in this very second*. While speeding through life to *chase* happiness we are quite literally running right past it.

Happiness isn't a professional goal being achieved or finding the right partner. I realize that is quite a controversial statement, but both of those things that most of us crave are direct results of having an aura of happiness and personal peace that people are attracted to and naturally want to be around.

A good friend of mine, who is a very busy creative professional, lives in the United States but has his entire family back in Europe. He loves his professional life in the U.S. There is always more work to be done and there is always something on the calendar every weekend for him.

He has been going home to visit his parents, who are now in their mid 70's, about once every 18 months to 2 years. His parents are in incredible shape and live most days like they are still in their 50's. Until recently my friend was telling me, "once they are older and can't cope on their own as well, I will have to start going home more

often, so that I can be there for them when they need me”.

He went through serious life changing events within a very short period of time in 2018. His life collapsed, and in a few months he woke up in a completely different place. It was beautiful to see this change.

Now he says, “why wait until they physically need me to start going back more often? My parents are in astounding condition *now* and we can make new memories without any physical limitations whatsoever?”

My friend moved to Los Angeles, where there are more direct flights to his home country of Sweden, thereby lowering the cost substantially enabling him to see more of his parents after 20 years of not making them a priority.

Wow. That is clarity. The kind of clarity we want before it's too late to enjoy these moments with loved ones.

In the future he will say no to a few work opportunities and exciting social engagements, to spend more time with his parents, because he realizes the power of being in the “now” with his parents will bring him inner peace on a greater scale than just being able to have a clear conscience about tending to them when they are in their final days.

The old expression “stop and smell the roses” is indeed a true one, but it applies to *all* the senses.

When you shut off time and stress and make a commitment to smelling, tasting, touching, seeing and feeling what is directly in front of you, whether it is the smell of a freshly cooked meal in your own kitchen or the view from the hill next to your house, you are connected to the *now* and the rest of the universe in a way that is *as* grandiose and valuable as somebody studying Yoga with a guru in India or somebody taking in the view at the Grand Canyon.

The *now* is equally powerful wherever, and whenever you are clear and intuitive enough to connect with it.

As a matter of fact, the *now* is often better in the simplest form.

Have a lovely day,  
Rae Indigo

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