

As a bonus, here's a recap of the *Key Points* to remember, *Key Practices* to challenge yourself and *Key Questions* to ask yourself as you continue along your journey!

Key Points:

- The truth is a direct experience.
- Developing self-awareness is key to being present and in the moment.
- Your mind is keeping you alive; not helping you reach your dreams and goals.
- Your mind tries to predict the future in order to avoid pain and discomfort.
- When you release your past and stand in the present moment you can realize what is really true and what is being created by the mind in order to keep you safe.
- If you are thinking of the past or worrying about the future you are not being present. If you are reacting to what happened before or what might happen next, you are not being present.
- Love is the only truth. Any other emotion or sensation is a sign you are out of alignment with love and it is time to make a different choice to get you back into alignment with love.
- You have to tune into the frequency of love in order to pick up on its presence. Your mind will filter out anything that is not a threat to you.
- Memories are an unreliable source for trying to predict the future and to make choices based on them.
- If you keep doing what you've been doing, you are going to keep getting what you've been getting.
- Confusion is a sign of an illusion. Confusion is a sign that your mind is trying to keep you safe and distract you from your goal.
- Breathe through the moment, stop, and make a different choice to get you back on track.
- You miss opportunities for greatness when you are picturing that which you do not want verses that which you do want to have happen. Get clear on what you want and release your urge to focus on what you do not want.
- Thoughts become things. Our thoughts create our reality. Change your thoughts and you will change your life. Try it for yourself.
- You are the only one that needs to change in order to change your life. Shift your beliefs and life will reflect back to you that which you desire.
- Releasing thoughts of the past and the future is a discipline. It allows you to practice being present and fully engaged in what another is sharing with you. Understanding that others are getting lost in the past and future can help you to see them projecting their fears onto you.
- Forgive and forget. When you expect the same negative reaction to occur that happened in the past, you are using your past to recreate it into your future.
- Get clear on what you want. If nothing else changes other than you picturing what you want all day, that's better than where you are now.
- Believe it to see it. Hold a clear vision. Choose what Love would do in the moment. Love will always lead you to what you want. Expect it like you ordered it in a restaurant. Have faith, lean into it, and believe it is possible.
- When you are present and in the moment there isn't much of your mind involved at all.

Key Practices:

- Start catching yourself after the fact, then in the moment, then eventually before you react.
- Quiet down the mind reminding you about the past and worrying about the future.
- Build your mental muscles. Recondition, reprogram and retrain yourself from reacting to responding to life. Stay committed and you will see the results.
- Pay attention to the physical sensations taking place in your body during certain emotional events. Use these sensations to keep you anchored in the present moment and to catch yourself in the act.
- Breathe. Take a deep breath and use this time to move from your head back to your heart. Use your breath to bring yourself back to the present moment, and then focus on giving that which you want to receive.
- Challenge yourself to only hold visions of that which you desire.
- Forget the negative heartaches. Holding on to the negative emotions and memories of the past is a disservice to all involved. If you don't want to be held in the future to the mistakes you've made in the past, then why hold someone to the mistakes they've made in their past?
- While holding the picture of what you do not want to have happen, you are increasing the likeliness of it occurring again in your future.
- When you run across a limiting belief create the vision you want to see instead. Create and hold a scene using as many senses as possible and use this vision to replace doubting thoughts. Hold the replay just like a memory in your mind. Practice this in any area of your life you wish to transform.
- Believe in yourself enough to start looking at things differently. Take a different approach. Develop your own truth. Put these principles to work. Use your life as a great experiment.
- Find an accountability partner or a safe place to practice these changes.

Key Questions:

- Ask yourself: What would Love do? To get yourself back in the present moment.
- What choices can I make right now to get myself back in that feel-good state physically, emotionally and spiritually? This allows you to stop in the moment and make a different choice.
- What do I know to be true about the situation? What do I know to be true about this person? How is my mind protecting me right now? What am I trying to avoid?
- What are you creating for your future with the pictures in your mind? Where are you? What are you thinking about? Are you here? Are you present? Or are you thinking about the past or the future?
- Are you picturing what you want or what you do not want?
- Are you breathing? Ask yourself this when challenges arise.
- If there's something you'd like to change, look within. What's happening in your mind?
- In several areas of your life ask yourself: What do I want? Take notice of what thoughts arise first. Work to create a clear vision of what you desire.