

3 Dimensional Success

Welcome to Inspired Living



Dear Friends,

It is with excitement that I welcome you to the very first edition of Inspired Living, the first of a series of bi monthly, informative, life changing and enlightening Articles.

I would like to begin by stating that the purpose of these articles is to inspire each of you to make progressive changes which assist you to get more from your lives, so that you add value to your precious existence. Every article contains information and suggestions which will help you along the way.

Already we have seen the New Year, Chinese New Year, Easter and Mother's Day. Wow, how 2008 is passing before our very eyes, which leads me to the topic of this edition.

Time and being totally present – what a gift. In his 1998 edition of "The Power of Now" Eckhart Tolle explains the importance of being present and how "being" in this state truly is a gift to yourself and to others. If this is a topic of particular interest to you, this book will make wonderful reading.

What is being present really all about? – well it means not thinking about what you need to buy on your next trip to the supermarket, or the meat you forgot to take out from the freezer this morning and not wondering if you have managed your team effectively today. Perhaps you worry about finances and wonder whether you'll have the money to pay for that holiday you have been planning? The point is, our minds are constantly "chatting" to us, we have billions of thoughts per day. Our internal dialogue keeps us from being in a state of presence. It preoccupies us so it becomes difficult to stay focussed on the task at hand.

How is not being present a problem you may be asking yourself?

Well whilst we're otherwise occupied with this continuous dialogue, we run the risk of not being present in the here and now. This means we miss out on what's presently going on, be it playing with the kids, enjoying our favourite movie, relishing some peaceful time for ourselves or just slowing down and tuning out from this ongoing source of distraction. The quality of our lives is not as optimal as it could be, because we are some place else in our mind space. Watching children is rejuvenating isn't it? That is because they are present. They find joy in simple things.

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As we're fast losing sight of living presently we're becoming increasingly stressed, tired and depleted of energy. We are not savouring the present moment. "Carpe Diem" the old Latin slogan holds much truth for each of us. Seize the day with the intention to remain present in all you do. Your life will be more enjoyable and you may find delight in the simplest of things.

Tips to become more present

1. Slow down, make a point of taking time out for you, 10 minutes a day is a start
2. Meditate, either at home with relaxing music or join a class in your local area
3. Practice deep breathing, this can be done everywhere and all the time, at work, in the shower, in the car etc
4. Build your awareness around your inner dialogue, so you can put paid to it when you notice it and bring your awareness back to the present activity in which you are engaged

Focus on the task at hand – practice refocussing when your thoughts stray from what you are presently doing, you can do this, in the car, shower, the bath tub and even at the dinner table by savouring your breakfast, lunch or dinner.

Remember that Rome wasn't built in a day and that your new task may require diligence and perseverance but as with all habits, once in place, it becomes progressively easier to adhere to and integrate into your daily routine.

Imagine what an amazing life you will have when you learn the art of being present in each and every moment. You will notice you will have more energy, you will improve your ability to concentrate and you be operate more efficiently. In this way of existing, you will notice that you will become aware of your thoughts and your internal dialogue which leads me to the next edition's topic which is Self Awareness. The gift of being able to recognise and reflect by becoming aware of our thoughts, feelings and actions.

So stay tuned and be ready to reap the benefits of each step you are going to make with each new piece of information you are reading and assimilating.

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Just before I close my avid readers, remember to e-mail me topics of interest for discussion for future editions. Questions and feedback are welcome and appreciated at tl@3dimensionalsuccess.com.au

Until next time

Keep Smiling
Tania Lambert

3 Dimensional Success-Coaching for Success

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