

KEYS TO MOVING INTO AND EXPERIENCING THE NOW

1. Acceptance

Being at peace with what is, here and now.

“Remember that the first law of Spirit is that of acceptance. When you accept the past and just let it be whatever it was, in loving acceptance, you are manifesting Spirit. Then you can start living from the higher level called Spirit, and then you walk through this physical level completing things as you go. The value of this level is that it can be used as a springboard into the higher levels.”

2. Paying attention

"If we, indeed, pay attention, even for one day out of our lifetime, and we are, indeed, thoughtful and intuitive, and we are watching very carefully where we're putting our mind and our emotions and our body, we might not get much done that day in the physical, emotional, mental world, but we would deliver ourselves from eons of karma." -John-Roger from "*The Tao of Spirit*"

3. Observation-key to letting go

Observation ushers us into awareness, which is a higher field of consciousness than “thinking”, especially since thinking also tends to take us into the past or the future.

4. Deliberate, focused action

Being of service, working on a project, physical activity (exercise, cleaning, doing dishes, gardening, etc.)

5. Forgiveness

Forgive yourself for anything you placed between you and God, anything that keeps you from experiencing God’s presence here/now, especially any judgements.

6. Breath in and out - Going into the Silence

"Be still, and know that I am God."

"When people stop to listen and the mind becomes quiet, they sometimes will go to sleep out of habit. The better choice is to hold yourself alert and awake and to just listen. Listen for whatever comes forward out of the silence. Listen past the inner conversations of your mind. If things start to distract and disrupt you, bring your focus back to the silence. As many times as the silence is broken, you can refocus on listening to the silence one more time. When you bring yourself into the silence, you can then experience the knowing and the wisdom that will start flowing. Then people often want to comment mentally on the experience, or they feel a need to write it down. But that in itself becomes a distraction that can shut off the silence.

J-R from *"The Tao of Spirit"*

"Silence is the perfectest herald of joy." William Shakespeare

7. Staying present

Not being pushed by our past or pulled by our future...next, next, next...give this all up to God and I go free...maintain focus on the now

"It is not necessary to worry or pressure yourself. It all works out perfectly, contrary to anyone's thought processes or how they feel about it. The challenge is to make your mind hold a focus until you complete the action of your thought. if you learn only that, you will have overcome this earth." John-Roger *The Tao of Spirit*.