

Living in the moment

What does this mean? The concept is that we don't allow the past to drive us, and we give up trying to project into our future. We simply enjoy each moment right here, right now.

So, are we in this moment now, or was it **that** moment, as now **this** moment is **that** moment, and has **that** moment already gone

On **Easter weekend** I pretty much lived in the moment – on and off - for four days. It was wonderful. The trouble was that I didn't know I had been doing it, until I woke up grumpy and irritable on Tuesday morning, wondering why I felt so bad.

On **Thursday night** I arrived home late from Speakers Club. I was feeling high, having just performed my very first speech, and successfully passing level one. Inspired and happy I leapt through the living room door, performing a manic dance routine as seen on the TV Program, 'The Office' I guess I felt happy!

Friday was a lazy day spent chilling out in the garden and the fields

On **Saturday morning** we spent some time perfecting the tricks that I had been teaching two of my horses. My star pupil, Danny, can now kiss me, smile, put his head on my shoulder and say 'yes' by nodding his head. He can walk backwards sideways, turn circles and run with me all at liberty with no ropes attached. Teaching the horses their clever tricks is time consuming, but great fun.

On **Sunday** we visited Thame Country Show. The highlight for me was watching the children vaulting on and off their ponies in the Gymkhana games. Oh what fun they had as they competed in teams to win the games.

A few years ago I taught myself to vault onto one of my horses. Jack is so high so it was no mean feat. After a week of pulled tummy muscles, sore ankles and aching arms I managed to scramble aboard. The sense of achievement was intense. I like to challenge the belief that adults shouldn't act like kids.

On Easter Monday my dad visited. Until recently I had been estranged from him for almost twenty years. That's another long story. Sitting on the lawn, eating out at the pub in the garden and playing Boules in the afternoon, it was another great day, perfectly completed by watching Toy Story 2 in the evening!

So here we are back full circle to the **Tuesday after Easter**. Feeling unsettled I got on with my work. I have learnt that it is futile to resist what is happening, or how we are feeling

I thought about my life, and the awareness that my vocation lies with the horses. In their presence it is the only time that I am – without effort – fully in the moment.

I remember a boyfriend saying to me once 'When you are with your horses, nothing and no one else exists'. I was flattered; although I don't think that was quite the response he was hoping for.

I reflected on the things that I have to do to get through my life. Amongst other things, I do a few hours a week freelance for two local companies, and run an online Equestrian shop.

Meantime I try to focus on what I truly want.

I want to be a published writer. I love writing. I morph into each project, feeling as if I time travel into another dimension. I write every day; at the moment creating online distant learning courses, ebooks, articles, meditations and whatever else inspires me. And I would like to become a professional speaker. But I am so busy

pacing through my life, doing the things that I have to do to pay the bills, that I don't have as much time as I would like to put my energies into this.

I have recently recognised my life's purpose as a burning desire to make a difference at core level, and I particularly want to help women lacking in confidence and self-esteem, so, in order to do this I need to get my **Equine Facilitated Therapy** business up and running. This is an experiential task focused therapy using horses as mirrors and metaphors for human emotions and behaviours.

Earlier in my life a member of my family told me that I was a failure. It took a long time to shake that one off. And what I realise now, is just how hard it is to succeed when your heart doesn't spin like a Frisbee towards your goal. I also know that I didn't fail, I just learned about lots of things that I didn't want to do.

I believe that passion and commitment can only truly meld with our love for our subject. I believe that when you line up your goal with your dream, magic can happen. And I believe that our task should be to align our earthly purpose with the calling of our soul.

So over the last three or four years, I studied a lot, qualifying as a Life Coach and Equine Facilitator and recently in Temperament Theory. In January 2007 I finally felt that I was ready. I was all trained out. I didn't want to study anymore. I had absorbed enough.

I guess I have always been ready, deep in my heart. But now I have to move through the fear. Not the fear of failure, but the fear that I might just be successful, despite a history of being told that I don't stick at things, that I was difficult, over sensitive, insensitive, not good enough, too loud, too quiet, too bossy and too not what other people wanted or expected me to be.

Well I stand here now and I issue my statement of intent. I am ready. I am good enough. I am set for success and I am ready for my dream, yearning hungrily from a gritty earthy place deep in my heart.

So what has all of this got to do with living in the moment? Well, I feel that for me, and maybe just like you, I have to go through a series of moments every day, moments where I do not actually want to be.

So my understanding has changed somewhat. I agree that it is important to be fully present. Maybe it's not helpful to float off to a place in time, which may not even exist, and if it does it certainly will be different to how we expect it to be.

But isn't that defined as daydreaming and isn't daydreaming putting our imagination to good use? And if so, don't another set of experts tell us that this is good for us?

Nevertheless, I see that what we do in the instants of now, are the actions that will shape our future. Each article I write, each person I contact, each action I take and each decision I make is geared to create my moments in the future.

I don't know about you. I know nothing about your life. But, from my experiences of working as a coach and mentor, I know that we all have dreams, aspirations and desires.

I think that if we were all able to live in the moment we would totally appreciate what is important to us. We would embrace our own soul, our own sense of being, our personal drive and our life's purpose. We would discover our passion, and move with commitment to creating the life that we truly want

It's not easy living in the moment. But when you do, you see everything with clarity and appreciation and, for me; I feel an overpowering sense of gratitude for all that I have.

So when you find yourself racing towards the next day, the next hour, the next minute, the next second, **STOP** and just ask yourself 'what am I experiencing right now?'

You may just be surprised to find that you are exactly where you want to be – right here, right now - living in the moment.

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