

Present Moment Process™ - (PMP)

By Paul Bauer

This exercise is useful whenever you feel *other than* peace, love, joy or abundance. The KEY is PMP helps you shift your vibration - your feelings - from low to high - and be in the NOW, *the present moment*.

1. Think of a challenge or problem - and take a deep breath and close your eyes...

2. Ask yourself "How do I feel - when I think of this problem or challenge?"

And take a slow deep breath...

3. Allow yourself to fully f-e-e-l the feeling

Ask "*Can I allow myself to fully feel this feeling?*"

3. Rate the feeling from 1-10 - 10 being intense, 0 being completely free and open

Now...take a slow deep breath...

4. Ask yourself

"Can I allow myself to be present - and let go of this feeling - and allow my "resistance" to drop to zero (One-ness)?"

Yes?

No?

Close your eyes... and say "Thank You" to that part of you for communicating that message to you... (whether the response was "yes" or "no")

Now... take a slow deep breath...

5. Can I allow myself to accept my resistance - right now - even if nothing changes?

Yes?

No?

Close your eyes... and say "Thank You" to that part of you for communicating that message to you... (whether the response was "yes" or "no")

Now... take a slow deep breath...

6. Rate your feeling now

7. Is it at zero yet?

Yes?

No?

If no, explain what's happening on the "inside"...? (your "inner self" - your subconscious) and go back to step 2 - and allow yourself to ***fully feel*** the feeling...

If yes, close your eyes, take a deep breath and say "Thank You" to your inner self

8. If you feel completely at peace, you are done - be grateful for this moment and for your ability to connect with your feelings and "All That Is"...

You can:

- 1) Use Clear-Mind™ to meditate in Alpha or Theta
- 2) Take a walk and feel the feeling of gratefulness for this gift you have given yourself
- 3) Begin your day -- intending to be in the moment - ***feeling your feelings*** and choosing to be fully aware and noticing your thoughts, reactions, and being connected with your Higher Self - ***Be The Observer***

Notes:

Who would you be without this problem or challenge?

How do you react when you think that thought?

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