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BONUS: Increasing Your Success By Practicing Mindfulness

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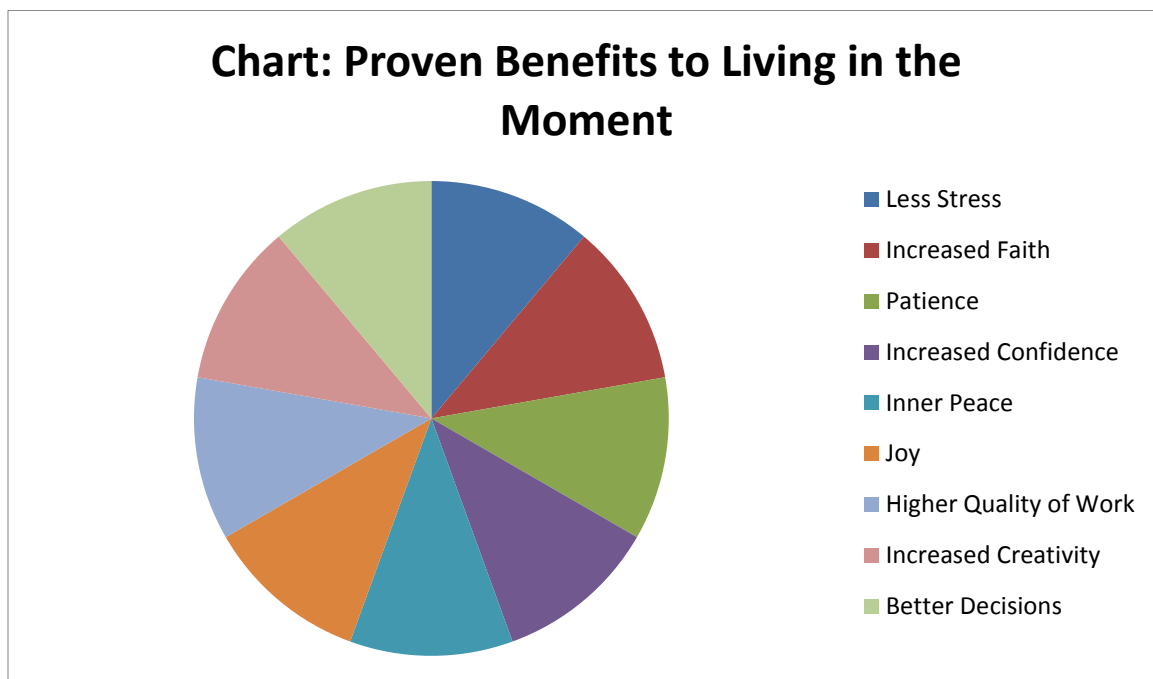
Important Definitions

Enlightenment: Awareness, understanding.

Mindfulness: Being fully present in the moment, living “*in the now*”. Paying attention to what you are doing, not thinking about what you should be doing next.

Chart: Benefits to Living in the Moment

When your mind is truly at peace (which it will be with enough practice at paying attention to what you are doing and not thinking about what you should be doing next) you will easily experience the following benefits outlined in the chart below.





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The Simple Power of Mindfulness



The 3 Levels of Enlightenment

The definition we are using for enlightenment is an awareness and understanding of the importance of mindfulness and, after practicing mindfulness for a period of time, of how the Universe and God works.

3 Levels Of Enlightenment

<p>Level 1: Characterised by the belief that you are all you have, and that you are defined by the problems you experienced in the past and in the present.</p> <p>Benefits to level 1: None. Strife, conflict and worry are the common emotions.</p> <p>Money and level 1: There is never enough.</p>	<p>Level 2: An awareness starts to develop that there is a better way to live life. You witness the "proof" being evidenced in the lives of others and connect that to how they live.</p> <p>Benefits to level 2: You begin to feel your life transform.</p> <p>Money and level 2: You have just barely enough.</p>	<p>Level 3: You understand that there is a better way to live, an easier and more peaceful way to have what you truly want, which is peace, happiness and security.</p> <p>Benefits to level 3: You understand that you do not have to worry about anything. You know peace is within reach at any moment.</p> <p>Money and level 3: You always have more than enough.</p>
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General Overview of Mindfulness, Happiness and Success

How do you know if you are really living in the moment? Why should you live in the moment?

Does living in the moment mean forgetting your goals and aspirations and just randomly choosing to exist?

Will I really be more successful if I stop worrying about tomorrow?

By the end of this article hopefully those questions will be answered and you will begin to understand why you should (and can) let go of the stress and worry that tomorrow may bring and really start enjoying your life now no matter what it looks like.

How do you know if you are really living in the moment?

Often called “mindfulness”, living in the moment brings with it a sense of peace, tranquility and happiness that cannot be found anywhere else. Period.

At times it can feel as though it can be found- through food, sex, drugs and so on. But this is just temporary pleasure, not true peace.

But never fear as true peace, and with it true happiness (which unlike pleasure does not have a time limit on it), are ready and accessible to you now.

Why should you live in the moment?

We all have the potential to fool ourselves into thinking that with the future will come the feelings we seek- security, happiness, peace, love.

And if that were true- if when you got that new car, or moved into that new house your life really was better- then there would be no need for this article. (Or the millions of self-help books out there.)

Ask yourself this- why do you want that new car? No really, why do you want that new car?

Do you think it is because your neighbors and friends will be envious? Because they will look at it and say “wow, you must earn a great living and be very successful!”

When you see it written down does it not feel a little superficial? Maybe even silly, right?

Now, I am certainly not saying owning new and expensive things is bad. What I am trying to illustrate is 2 fold:

1. Your worth is not determined by the car you drive. If it were heaven would be full of Lexus owners (or Ford 150 owners or BMW drivers). Whether or not you have the newest model out you are still you. (PS- someone will always have a newer model than you anyway.) And the worth of you cannot be



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determined by how awesome someone thinks you are or by how crap someone thinks you are. Your worth cannot be measured.

2. Even after the purchase of that new car, new home, new purse, you will still have the same emotional make-up and feelings you did before them. This new life change will not permanently bring about feelings of happiness. Oh sure, for a few days you feel bouts of happiness when you think of the new car, but eventually you will be back to waiting for something else new to come into your life, and with it to bring the promise of more happy feelings all the while you are living with a happy thought here or there but mostly just the same old crappy fear and anxiety that often has surrounded you in life.

That is not happiness. That is crap. That is selling yourself short on what life could and should be.

Now, lets me ask you again: Why do you want that new car/job/house?

For the feelings you believe and are sure that that object will bring with it: peace, love, harmony, happiness, joy, right?

Even the approval you seek (unconsciously or not) of others really just stems from you wanting to feel okay. To feel good. To feel amazing. To feel at peace.

The crazy thing is, those feelings are accessible to you now. Yes- I said it- right now.

So how do you get those feelings now?

Does having these of peace, happiness and joy that can only come from living in the moment mean I will achieve less?

Nope. Not at all, I promise you. On the contrary, when your mind is clear you will begin to choose more worth while goals. You will choose to pursue goals that are attached to who you really are and what you want to accomplish and how you want to serve.

And attached to those goals will come true success that you desire. And with it, as a by product of living in the moment, will also come the wealth.

With this new “living in the moment-ness” you will create better products (whatever it is you do) and have a better more successful time at life. An easier time.

I personally think this is why we see more successful men in the country then we do women (and having babies is not an excuse as many women raise very happy children which is in itself is a success and a great deal of women often have successful businesses as well. Like my mother. She had 5 children and was the second female lawyer in our metropolis). Men often get accused of having a “one track” mind. This definitely works to their advantage. More often then not they are really focusing on the task at hand and creating a better end result.



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Mind on task = better product = more success.

One way I try to keep my mind on the task at hand is to do whatever it is I am doing (for example, writing this article) for the sole purpose of doing the best job I can with this task (writing the best article I can), without concern for the end game. The fact this article will contribute to my end game goals is secondary.

Stop writing things and calling people and emailing for the sole purpose of increasing your success and concentrate on whatever it is you doing for the purpose of making (for example) this email the best one you have sent. Or this call the best call ever. You may even need to ask yourself what would make this the best email/call/dinner you ever had before you begin and go from there.

Do not worry, it comes more naturally as go along.

But how does this relate to house hold chores and seemingly mundane activities? How will cleaning the floors make me more successful?

Consider those chores (laundry, dishes, cooking) as practice. Practice for your big game.

Fold laundry with the goal of making it the best laundry you ever folded. Make dinner with the idea of making this best meal you have put together.

This is like practice for when you sit down to do whatever it is you consider “meaningful”.

How do you know when you are living in the present?

Try asking yourself this: Right now, are you thinking what you are going to do next? If you are then you are not being “mindful” and living in the moment. You are not living in the “Now”. (Thank you Eckhart Tolle for that one.) Which means your end product will not be as good as it could be and your results will not be as successful as they could be and you were thinking about the future when you could have been enjoying the task in front of you and producing something better.

When you are really paying attention to what you are doing (picking up each towel, putting the ends together, folding it over and so on) you will eventually find a peace, a happiness that cannot be bought, earned or stolen.

For people who have anxiety living the present is especially important. You will continue to feel anxiety anytime you are in not in the current moment. And you will be better prepared for whatever it is you are worried about if you keep a clean mind as much as possible. You cannot deal with the future as it has not happened yet. You can only deal with the present moment.

I am not saying to let go of goals and aspirations (as I mentioned above) but to keep them in mind peripherally. But do not let anything come in the way of living in the now and enjoying the present.



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And if I sound like an Eckhart Tolle book that is because I learned quite a bit from him. These ideas are not my new ideas. They are just me trying to assist you in understand that true success is happiness and joy which can be felt now. And this will lead to greater success, so worry not about that.

But, if you are still sitting saying “I think I am happy now, I do not want to change my thinking”. I would say two things:

- 1) If you are really happy right now, if you are sitting there smiling right now, then by all means, do not change your life.

But if you are not so sure...

- 2) Try this out for 3 months. Try for 3 months to stay in the present moment, to concentrate on the task at hand and let your mind stop over-thinking. Let go of the past and stop expecting salvation in the future and just concentrate on what you are doing. If your life does not improve, let me know. I dare you to work diligently to prove me wrong.

How do you live more in the present moment?

1. Become aware. Anytime you are not concentrating on the task at hand become aware of it. Do not try to stop your mind, or yell at yourself, just notice it. The rest will happen over time on its own (I promise.)
2. Become aware of how much you want to talk about the past or focus on the future. Like above, just become aware and the rest will work itself out. (I still promise.)
3. Occasionally (as much as possible) calm your mind by looking around at your surroundings without naming anything. That is right- *without* naming anything.