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## **FIVE STEPS TO STAYING PRESENT**

**BROUGHT TO YOU BY:**

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## INTRODUCTION

Here you will learn how to stay in the present moment in five easy and simply steps. And these steps can be applied at any moment when you feel that you are losing your present point of focus.

As when this happens, the power and clarity that is experienced in the present, is soon lost. This can cause all kinds of challenges and difficulty's to arise.

One can end up: saying things that do not represent who they are; doing things that they wouldn't usually do and that end up creating more challenges, as well as feel and think in ways that are not in ones best interests.

The book 'The Power Of Now' by Eckhart Tolle created a lot of awareness around being present and on the benefits of being in the moment. There have then been many other sources of information that have spoken about how important being present is.

And what is clear is that there are many reasons as to why someone would want to be present. Sometimes a whole book is required to understand something and at other times, a smaller resource is enough.

What you are about to read is ideal for those moments where you may be short for time and unwilling to read anything too heavy and time consuming.

## **STEP ONE:**

### **DETACH AND OBSERVE**

When our present moment of focus is lost, it is easy to get completely caught up in what is taking place. We are then no longer the observer of what is happening we are part of it.

And here, we can feel like we are a slave to our: emotions, feelings and thoughts. When this identification has occurred, it is more or less impossible to respond in a conscious manner.

So the first step is to detach and observe what is going on. When this happens, it will be a lot easier to bring yourself back into the present moment.

Now, for some this will be a process that they are familiar with and for others it will be hard to relate to. This can have a lot to do with the fact that some people are more objective than others.

#### **Deep Breaths**

You can do this through taking deep breaths and breathing into your stomach. As when we are in place of heightened tension, it is easy to breath into our chest and this style of breathing is very shallow and can actually increase stress.

## **The Watcher**

Another thing that can be done is to imagine that you are the watcher of what is taking place. Here, you are not a part of it; you are simply noticing what is going on and not allowing yourself to be affected by it.

So the need to change or ignore what is taking place is unnecessary, all that is needed is the observation of what is appearing.

And through detaching and observing what is appearing, it will enable you to move onto the next stage.

**STEP TWO:**

**THE THOUGHTS, FEELINGS AND SENSATIONS ARE COMING FROM MEMORIES AND RARELY HAVE ANYTHING TO DO WITH THE PRESENT MOMENT**

If you are completely caught up in what is coming up, it will be more or less impossible to realise that it often has nothing to do with the here and now.

But through detaching and observing, it will become a lot easier to realise that what is coming up is often the result of what hasn't been processed from the past.

These could be feelings, emotions, thoughts and sensations. It can be normal to assume that the present situation is creating these.

And this can cause you to give your power away to external sources and influences. So through coming to see that they are completely unrelated in most cases to what is currently taking place it can enable you to gain a better perspective.

By getting a better sense of what is coming from the past and what is not; it will become a lot easier to respond to what is actually going on now.

Through doing this, you can move onto the next step and to seeing if your reality is the same or it has changed as a result of how you are thinking and feeling.

**STEP THREE:**

**HAS THE WORLD CHANGED WITH ME FEELING THIS WAY OR IS IT  
STILL THE SAME?**

When feelings and thoughts come up and cloud our sense of clarity, it can feel as though the whole world has changed and now corresponds with how we feel.

And this is why it is so important to detach and observe and to question if what is coming up has anything to do with the present moment. If you have ended up in a highly emotional state, it can often be hard to see that how you feel doesn't necessarily reflect how the world is.

This makes it vital to settle yourself down and too objectively look into what you feel has changed externally.

How long this takes can depend on how de-centred you has become. And through gradually settling down, it will then be possible to see that in most cases nothing has changed externally.

You can then move onto the next step and to asking if there is anything happening to make you feel as you do or if it is just the result of an internal build-up.

**STEP FOUR:**

**IS THERE ANYTHING HAPPENING RIGHT NOW TO MAKE ME FEEL THIS WAY?**

To gain a sense of clarity around what is taking place when you lose your ability to stay present; a key question will be to ask yourself if there is anything happening externally that is making you feel this way.

And in a lot of cases, what is going internally will have very little to do with what is going on externally. The mind will interpret what is going on to mean something and this can then cause you to lose your presence.

So through breathing deeply and being the watcher of your inner processes, it can allow you to see if there is a connection. From here, you can decide what the best choice of action is.

If there is, then you can act accordingly and if there is no connection, then you can soon return to your natural state.

**STEP FIVE:**

**AM I IN MY POWER OR AM I REACTING?**

When we lose our ability to be present it can be normal to start reacting to life. And when this happens, self control often disappears.

Now, by breathing or being the watcher, it will enable you to see if you are in your power or not.

Another way this can be done is through getting in touch with how you would act when you are present. So even when you are having difficulty in bringing yourselves back into the now, this technique can be utilised.

And like any of the steps above, this can take a while to get used to; especially if you have been reactive for so long.



## CONCLUSION

The five steps above can be used during moments where you feel that you are no longer present. And although each step has been put in a certain order, apart from the first step, the rest are not as specific and can be used in any order.

However, if you find that it has become a constant challenge to be present, either in one area of your life or your whole life, then some further assistance may be needed. And this could be in the form of: a therapist, healer or a coach.

Here, you will be assisted in releasing what has built up in your mind and body. And your tendency to lose your presence will start to diminish.

If you have any questions or feedback about what I have written above or if anything else comes to mind, I would be happy to answer them through my website.

All the best on your journey,

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## THE AUTHOR



Prolific writer, thought leader and coach, Oliver JR Cooper hails from the UK. His insightful commentary and analysis covers all aspects of human transformation; love, partnership, self-love, and inner awareness. With several hundred in-depth articles highlighting human psychology and behavior, Oliver offers hope along with his sound advice. Current projects include “A Dialogue With The Heart” and “Communication Made Easy”

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