

LIVING IN THE MOMENT

In life where no one has the time to pause, it is necessary that we develop the skill of mindfulness, the skill we all need

BY ANSHU DAGA



Life seems to have taken over life itself! We seem to be racing against time to achieve, to accumulate, to compare and to display. While technology was developed to make our life convenient and comfortable; little did we know that this convenience would lead us to becoming slaves to Facebook likes and Instagram followers. The ping of a new message, the flashing envelope highlighting a new email – these are the modern tell-

tale signs of stress. Hence, we pass the burden of our stress on to the GenNext – our children. Kids today raise a finger not to ask questions but to swipe the nearest available interactive screen! Is this what we want our next generation to inherit? How is the next generation going to turnout looking at a life which has no pause?

Raise your hand if you have used the television/tab or your phone to help

finish a meal with your child. Raise your hand if you have lost your temper at your toddler for throwing an ‘unwarranted’ tantrum. Raise your hand if you check your phone while eating a meal or spending time with your family. I stand guilty of most of the above; and I am still learning. My interactive workshops at The Inner Startup have taught me this invaluable lesson that the one intangible thing that children yearn for the most is spending quality time with their parents



and basking in their undivided love and attention. The harsh reality is this – there is no application or software that can be downloaded to provide the above. There is no right formula about how to connect with children and fellow members of the society.

By training in theatre, therapeutic creative movement and teachings on mindfulness with Monastics from the Zen tradition of Thich Nhat Hanh, I sure have learnt some important lessons of life. As per Thich Nhat Hanh, mindfulness is an energy that we can generate for ourselves. Every individual has the capacity to be mindful. Mindfulness helps us recognise what is going on in the present moment. Mindfulness is an essential skill for life.

Practice mindfulness meditations: Daily spend a few minutes focusing on your breathing and experiencing the present moment. This will unclutter your mind, relieve stress and help release happy pheromones.

Be aware of your emotions: The human mind has a plethora of emotions that go beyond mere happiness, sadness and anger. Mindfulness can enable you to recognise the emotion of the moment, acknowledge it and understand it instead of merely allowing it to take over your thought process.

“What is this life if full of care, we have no time to stand and stare...”
The above words Welsh poet W. H. Davies definitely bore a prophecy for the times to come.



Self-awareness: Practicing mindfulness leads to a higher awareness of oneself, not just emotionally but also physically. Mindfulness develops higher awareness of our senses (sight, feel, touch, hear, smell).

Increase focus and attention: Mindfulness increases an awareness of what you are doing. Whether you are studying, working or playing you are able to focus completely on the job at hand.

Higher acceptance: Self-awareness leads to high acceptance of self as well as others. When we are comfortable with ourselves, we begin to accept people the way they are, without being judgemental. When you are mindful, you can avoid conflicts since you are in complete acceptance of differences.

Higher empathy: Acceptance leads to higher empathy and consideration for people and communities. Hence it results in overall happiness. ❏