

Time to stop, look and listen!

Perspectives on addiction

I know you are human being and want to suffer as least as possible. Today, I have something/nothing to believe in. To understand completely what I'm saying, we must from the start, understand that something and nothing are the same thing. When I say, I believe in nothing ,that also means I believe in something .When I believe in nothing and you ask me to go to the Baptist church with you , I'll go . If you ask me to go to the synagogue , I'll go. If it means we are going to be together at the A.A meeting , I'll go. Then we can become friends . But, if I believe in "Something" Only , I may not want to go with you and become your friend .Some times we get stuck, in our belief, that ours is the " ONLY" way . But , if I believe in NOTHING ,I can't get caught in saying, your way ,is not the way . The truth is, it's not your way or my way, it's "THE WAY". The something\nothing I believe in, is the fact that you and I are human beings with a perfectly good human mind, that can overcome many obstacles or problems with the gifts we already possess inside each and every one of us. I didn't come about my beliefs easily, I suffered with irrational , one sided and close minded thinking for many years, which led to an extremity ; addiction. An addiction of drugs and alcohol. I even thought for the longest time, that I was only hurting myself. If I'm the one taking the drugs and alcohol., only I will feel the withdrawals, hangovers, raciness of the mind, depression, anxiety, overdoses, alcohol poisonings, alienation, loneliness and the other thousands of aches ,pains and negative afflictions. On the contrary, I put everyone I came into contact with through pain and suffering. Be it from my family, friends, employers and other addicts. Oh no, even other addicts didn't get special treatment. In nature, even Tigers don't eat tigers. You would think addicts being from the same species would help each other, but no, if you had something (some drugs) to cover up your pain, I would take it away from you. And who said there is honor among thieves!

I also went through many years of asking people for money, even when I was making enough of my own at work. Then, people had enough. They stopped giving to me, but that didn't stop me; I started taking. Nothing could stop me. They say you've got to hit bottom to start recovery, but isn't stealing from your mother and father enough? Isn't losing your children to the protection of the government enough? Isn't robbing liquor stores and then going to prison enough ? Isn't selling all your possessions ,then when they are gone, selling your body enough? Isn't being clinically

dead and flat lined enough? Obviously not! Because I was legally dead five times, all these things and more I've been over many times. So, where is this rock bottom? If You ask me there is no rock bottom. The Only way you can stop, is by stopping yourself!

I just gave myself something to stop, it's called TIME. Time is a very big healer. But I had to do other things, like Stop, Look and Listen. The first thing in stopping ,is taking the time, to get some kind of knowledge and understanding. I still didn't understand when I first stopped, until I gained more knowledge and abandoned my old inappropriate way of thinking. I was still lonely, lost and very unhappy. So much so, that other people in rehabilitation with similar problems didn't even want to talk to me or be near me. It think it was then that I realized , it's not just when I'm doing drugs and alcohol it's me, my negative self, not even using drugs and alcohol. Excuse me, I'm sorry, alcohol is a drug also. So, from now on when I say drugs, I am including alcohol. (just like when I say nothing , something is right there) Sometimes I really don't understand why we still have an Alcoholics Anonymous and Narcotics Anonymous. Maybe , just have a 12-step program, that's just my new and open minded thinking. I remember one time , I went to an AA meeting and started talking about some of the drugs I also did. They stopped me from speaking, which I never saw before, and said "we don't talk about drugs here, stick to your drinking". I replied, I thought this was a place that a person could come and talk about things and get some help, I guess then I'm in the wrong place. This was one of the first times , I was in the rooms of A.A, and I walked out very upset and relapsed. I didn't realize yet, that you see some really foolish things in meetings also. I did not have a good understanding of life, to realize, that all the so-called problems that have been going on in the world, also happen in the meetings. Until I put an effort into myself, I was just existing. Not living life happy and to its fullest. I wasn't trying to be near my family, or friends from long ago. I had alienated myself so much. I thought I wasn't worthy and I felt guilty about the things I did to people, because of this ,I believed they wouldn't want me around. It was still my old thinking , that kept me cut off from the real world , and it was imprisoning me.

The funny thing is, I was sober the whole time these "bad" things were happening to me. This happened for a while, things I thought, weren't really moving along. But, I was hanging on by a thread and not really finding any good reason to stay clean and sober. Until one day (it's funny how things hit you much later, I didn't even realize it for months) my mother came to visit me. She gave something to me that has really helped change my life. At the time, I thought, "great what's a lousy book going to do for me"? Then, I remembered a counselor in the treatment center saying, "go to any lengths to get your sobriety". Maybe, I should take some time to read, What a novel idea, reading!

This was just something else I didn't have enough time for, when I had a crack pipe or beer bottle in my mouth. Why would I want to keep focused on a page, written with intelligent words, when I could be in the bathroom throwing up from speedball of cocaine and heroine, after drinking a shot of whiskey.? Anyway, I did it. I read. And, the words actually make complete sense.

I read the book over and over, and the book had something in it about open mindedness . So, I finally said, "what the heck, I spent about \$300 a day on drugs, why not spent \$10 and get another book. Another novel idea , spending money on something other than drugs. The other book had so many good things in it too! I was amazed, being an addict , I liked the book so much I wanted more. Luckily in the book, there was something about the harmfulness of going to extremes or with my addictive mentality , I would have been out buying a new book every two hours. But, that's where I started, learning. Learning about the things I was having so much trouble with, my life and my mind. You may be thinking, I can't or I won't do that, but you will go to any lengths , be it reading, spending time with others or anything that you can do to learn about being alive in the present moment.

So, I have more to thank my mother for, other than giving birth to me, taking care of me, loving me unconditionally, being there in the worst of times and sharing in my pain. I have to thank her for the book she gave to me ,to care about living again. I know that some of you are probably wondering, what was that book ? That's how I used to think, that there's a magic secret , that will make everything better. The point is, it's not just the book, it was her loving kindness and my effort of stopping and taking time to enjoy the wonderful present moment. I'm not expecting everyone that reads this to understand or like it, or for you to sell it to your friends. I just would like you to realize you spent positive quality time learning about yourself.

When some people go into a treatment center, they have some funny thoughts: if I go, all my problems will be solved, or I'll do it for my kids and family. They don't realize it is for themselves to live a happy life. If we're not happy, we can make no one else happy . We also don't realize, we have to put an effort into achieving happiness. We put many efforts into getting our substance to escape reality, that it felt like doing overtime at work. If we put as much effort into our regular jobs, we would be owners of the business in a very short time.

We don't realize a treatment center is a welcome place to get a different perspective, to learn something fresh or new, and taking the necessary time to heal. This is so important. People get too upset because they have thoughts like "for the rest of my life, I can't abuse drugs and I have to use my mind to be good" ;what they don't understand is, that is what every human being on the planet has to do, to live a happy

life. Also, we think the counselors are going to teach and show us everything , so we can just walk out the door and start living. Yes, the counselor's are there to plant the seeds, but we have to do our own gardening and find other things that will help us keep our awareness of not using drugs and others.

It gives self-esteem, we deeply need, back to ourselves, when you start your own work on the cultivation of positive attributes. They introduced me to the 12-step program, but I had a feeling from seeing so many people coming and going, like a revolving door to use drugs again, that it was not the only thing that is going to keep me aware and mindful. I had to find other things, so I watched the people coming and going out of the "rooms" of A.A and noticed the negative afflictive emotions of anger, hatred, jealousy, despair and so on was the main reason that people went back out to use. So I had to find a way to deal with these negative emotions. And, there is a way. It's called "training your mind or mindfulness". Again we have to put in an effort and time to do this; and it doesn't happen overnight. But , What did I have to lose?, how many times could I come back from the dead? Why not start living now? Why am I putting it off? Because I'm lazy, uninspired, too old, too young, the path is too difficult? These are not good enough reasons why you should destroy yourself and others around you. Put down your weapons of excuse, the war can be over and then you truly are free!

A key ingredient to happiness is the ability to look at life from many different perspectives. It gives us a chance to not see things only our way; we have to put ourselves in other people shoes, especially if we have a problem to overcome. Problems naturally arise from time to time. If we don't take the time, stand back and weigh the pros and cons, the problem gets overwhelming. It helps to remember if there's a problem, there's a solution, and if there's no solution, why worry about it anyway. Sometimes a problem becomes very intense, because we have let it grow out of control. We have to think of someone else's problems , or the suffering of others that are greater than ours,(there always seems enough of them in the world.) It's very similar to going to the movies. If you sit in the front row, you really can't see everything without moving your head back and forth. Also, everything seems to be right on top of you. But, if we move ourselves back further in the theater, let's say the middle, we can still focus and see the bigger picture. There are many benefits to the practice of different perspectives, especially for addiction. We become more open minded, we also see we are not the only ones suffering in the world. Open-mindedness, truly breaks down some of the problems or obstacles we confront every day. For example, if some people learn we are an addict, they tend to look at us a little differently. At work, after six months we may call in sick and we truly are sick, but they (coworkers/boss) might

think were getting high or fell off the wagon. If we work in a store around money, they may not have us work on the cash register. It seems these people have caught our disease of not thinking of others and they aren't putting themselves in our shoes. But, we cannot blame them, we have to let them see us differently over a period of Time.

First and foremost, we have to have other people see us as human beings, so that means we have to behave like one. As human beings, we make mistakes and are in perfect, mostly because we separate ourselves from the rest of humanity, which we do and they do so often. To not be confused by this but, we are they and they are we. Addiction does not discriminate. Any human being on the planet has the capacity to become an addict. Addiction is a very strong ingredient for tunnel vision for close minded thinking. We get into a pattern of seeing everything "our way", like we have blinders on. We think we are right about everything and there is nothing we don't know. I remember this kind of thinking, it is very narrow, dark, sad and lonely. But, again addicts are not alone, many other people with negative afflictive emotions, see this way. So just as we expect others to be kind to addicts, we must be kind to others, suffering from narrow mindedness.

We can start even in our own 12-step community. When people go to an AA meeting, you hear people say their name and I'm an addict or alcoholic; I used to say multiply addicted. I'm not sure if this is the correct way to go about this. What happens if you are clean for nine or 10 years and you are still calling yourself a drug addict, (even though your not, you are a former drug addict) You will probably end up relapsing. Remember, only 15% of all the 12 step community has any lasting sobriety. (Long lasting by A.A is 3 years and over). If I were to go to a meeting now, I would say " Hi, I'm Pierce". That's all. I'm also a kind and loving person, that has made many contributions to my family and society. If I leave out the human being, I am nothing and you are nothing; that's not reality. But then again, I would not be able to say that, because if you don't say you are an addict, you are not able to speak in the meeting. Sad, if you are in an A.A meeting, something has probably gone wrong with you, if not, why should'nt you be allowed to speak, someone may learn something very important. I remember, I was made the chairperson, of the 12-step meeting for people with AIDS. A woman started speaking, excuse me, I mean, she said her name "my name is so and so", then she started to speak. But, she was interrupted by people's asking, "what are you, a drug addict or an alcoholic?". She replied, "neither". They then told her she could not speak, that's when I stepped in. I told them, that they all elected me the chairperson, and I would like to hear her and what she has to say. (I remember how badly I felt after the same treatment) Finally, I said, if a person is suffering isn't this the place they should be? Let's hear her out. Everyone finally

agreed. She went on to tell the story of how her alcoholic husband, went out partying one night, he came home at six clock in the morning and had lipstick and some perfume on him. Because, he was so drunk, he then went on to tell her he was having an affair. He then proceeded to just crash out on the couch. She couldn't wake him. So, that same evening she went out and went dancing, asked some guy to go into the parking lot and have sex. She did not know the man had AIDS. That's why she was here at the meeting, for people with AIDS, even though she wasn't a drug addict or alcoholic. I think everyone in the room that evening, learned something valuable. At least I did. You do not have to be a drug addict, to do foolish , life threatening things. It's the negative afflictive emotions like anger, jealousy and greed , that will have you go out and cause suffering to yourself and others.

Today, I'm happy and I understand why. I took the time to believe in nothing/something. I may have thought that I believed in something when I was using drugs, this was only an illusion or something I could use for an excuse (which I also thought was having fun). Belief's give us a root system to grow. If We have no roots, we're very much like a ghost, recklessly wandering around. I was a ghost and have seen many ghosts in our society, people of all ages that never experienced true happiness and content. They're filled with pain, suffering, loneliness, anger and depression. They think they're happy when they are doing drugs, but the drugs always run out, there is never enough , and they are right back where they started.

We think the main reason we are addicts, is because of drugs. Drugs don't magically run out of the fields into a processing plant, get distributed to the streets and jump into our pockets. We human beings are the culprits of that process. The main reason for taking drugs, is the lack of meaning in our lives, the lack of something to believe in. If we abuse anything, (take drugs for example) it is because we are unhappy. We don't accept ourselves, our family and our society, we renounce them all. This is due to negative thinking. For example: you can have 15 years of going to the 12-step meetings and being sober, something negative will happen and you compound the problem by doing another negative act, by going back and using drugs. I've literally seen a person with 15 years of sobriety get angry about something that happened in a 12-step meeting (his wife started having an affair with another member)and go out and use whatever substance they get their hands on, to overcome the "pain" .What they didn't learn in the 15 years is ,that the "pain" is just an emotion that will go away in time. That's the difference between being sober and finding a meaning in life . Good thing is, we can work on our emotions by training our mind.

I learned from my old teacher ,Thich Nhat Hahn , that our mind is like a house, that is divided into two levels. On the ground floor, there is a living room we will call

this "Consciousness". Underneath we have a basement, like a storehouse, we can call this "Memory". In the Memory, everything we have ever done, experienced or perceived, is stored in the form of a film or seed. The basement is an archive of every imaginable kind of film stored on videocassette. Upstairs in the living room, we sit in a chair and watch these films as they are brought up from the basement. Certain movies such as fear, anger or despair seem to have the ability, to come up from the basement all by themselves. They open up the living room doors and pop themselves into our VCR, whether we choose them or not. When that happens, we feel stuck and we have no choice, but to watch them. Fortunately, each film has a limited length and when it is over, it returns to the basement. But, each time it is viewed by us, it establishes a better position on the archive shelf, and we know it will return soon. Sometimes a stimulus from outside, like someone says something that hurts our feelings, a person we used to use drugs with, or even a song we used to party to, triggers the showing of the film on our TV screen. Many of these films that we spend so much time watching, are destroying us. Learning how to stop them is important for our well-being.

Our mind is also like a field or a plot of land, where every kind of seed can be planted. Seeds of happiness, sorrow, joy, fear, anger and hope. Our basement is filled with all of our seeds. When a seed sits in our mind longer, it will return to the storehouse stronger. The quality of our life depends on the quality of the seeds in our storehouse. We may be in the habit of dwelling too long on seeds of anger, sorrow and fear. That means the seeds of joy, love and happiness may not be able to sprout up much. We have to water the wholesome, positive seeds so they can grow stronger. During each moment that we have positive awareness, something beautiful is blossoming inside us. The length of time we water a seed, determines the strength of that seed. Example: if you spend five minutes thinking good, wholesome, positive thoughts during these five minutes won't be thinking negative or inappropriate thoughts. You grow stronger every time you practice this.

You may be asking yourself, what makes him such an authority on this? I'm not. I'm you, a human being that has an addictive nature. I only went further than just going to 12-step meetings and HOPING I don't use again. I read and experience positive things, and keep an open mind to anything that will help me with my addictive nature. If you remember, I said "one thing, is not going to keep me sober" just arriving at a 12-step meeting, I am putting all my eggs in one basket. You can't just arrive, we also have to practice; practice being kind, loving, patient and compassionate. I have seen thousands of people, including myself, go back to using, just arriving at the meetings, and some never make it back. Life is too precious to take a chance on just going to meetings, like this was the only thing we have to do, like we found the secret formula,

and everything will be rosy. Don't get me wrong, or misunderstand; I think the 12-step program is wonderful; a wonderful tool, but just as we may need a tool for our job, you normally don't use just one, we can use many tools and the 12-step program is a very positive, powerful tool for much-needed self-discipline and interacting with other addicts that are trying to do their best in life. They even mention, one of the most powerful tools in step 11. Meditation. But sadly, you hardly ever hear (one of the most powerful tools) Meditation mentioned. Maybe, it should be the first step, because how can you pay attention in the AA meeting if you're not focused and concentrated?

I've found living in the present moment is truly beautiful. I enjoy not being in the past and the future, unless I want to go there. If I keep going off into these other two time zones, I can't be fully aware of my surroundings and take in the beauty. In the past, we have guilt, remorse and regret; we may think we did some bad things, which causes depression. In the future, we have fear, worry and speculation, which causes anxiety. The more I remain in the here and now, the less I have to dwell in these negative, stressful thoughts. So, if you keep going off to the other two time zones of past and future, how do you think you are going to end up? That's right, ANXIOUS AND DEPRESSED.

I remember first hearing someone in recovery say, "just for today" and "one day at a time". I look at them much differently today, being aware in the present moment. When I first heard "just for today", with my addictive thinking, what I was really hearing was, just for today I won't use drugs, but there is always tomorrow. Also, I felt I was denying myself or missing out on something; and our addictive mentality, is to not miss out on anything, especially if it's bad for us. The same was true for "one day at the time", I was going through one day, so I can abuse substances and other people again. I did not know enough about staying in the present moment, to not keep going into the future in the past. It is also like to nothing, now in the present moment I understand that better also. At first, I thought I would be called lazy, because in our society we have to always be doing something or we're considered "no good." I felt uncomfortable, and I didn't want to be "no good" anymore, so I had to find other ways to understand "Nothing". And the time I was finding out about "Nothing", I learned many things about myself and others. Very positive, helpful things for me, my family and society. I did nothing, which is better than doing harm. In this time of "Nothingness", I found peace and happiness, which is everything.

After we come to a treatment center, or start going to some A.A. meetings. It's recommended we have to change everything. At first, I was overwhelmed. I thought, at that time, that everything in my life was not that bad, except my abuse of substances. This is not so bad, it's the only thing I have to change. Not by a long shot!

Every aspect in one way or another has changed and the good thing is, after I started practicing positive steps, a lot of things fell into place very gradually. But, I had to continually practice appropriate actions and appropriate thinking. We all have the capability to change, but we humans resist change in almost every arena in life. I feel, we don't take the time to realize all the positive or good things we have. We have thought about doing all the wrong things for so long, we don't even know what the right thing is. This is where time, effort and determination come in, to learn about the appropriate way to do things. First, thing we need to concentrate on, is Learning .We have to get Educated, that drugs are not only harmful to ourselves , but to others in society , including our direct family that suffers right along with us . Secondly, we have to develop Conviction, here a sense of urgency or enthusiasm gives us willingness to change. Thirdly, Determination , you all know that is, when we all set out to get our substance, you would walk through fire to get your "fix". The final factor is Effort, this is critical because,, even if we learn something, it doesn't mean we are actually going to do it. We have to put it into action, or like they say, "just do it!" Why not do it today? We have the time, the mind and all the ingredients, but we hang onto those poor excuses. Let me think, do I have the time? I remember smoking cocaine and drinking for days, which really turned in to years. But, I didn't have the time then. Or sitting on a barstool, except for the Times I was running to the bathroom, to snort cocaine or a bag of dope , I didn't really have the time to make myself happy, no time to make my physical and mental suffering less. And I really don't have the time, to bring a little happiness in to my family's life. No, let's let them suffer physically and mentally a little more. What, just because I want to learn how to live a peaceful productive, happy life? No not me, I don't want to do that, have other respected loving people in society, like me , share the joy of living in the present moment ; but I can wait two hours in withdrawal pain, while waiting for my dealer, after I walked in the rain 10 miles to find one of my family members ,so I can beg 10 dollars off them. I'll start tomorrow , OH !, that was yesterday I said the same thing.. Maybe you can see we are on a treadmill in a vicious cycle.

If you are a human being, and have the capacity to understand, then understand this, take the time to learn about addiction and yourself. You're going to surprise yourself and learn you are not that bad. By stopping and taking the time, you break the vicious cycle for everyone around you as well as yourself, because you are the living, breathing truth . To be aware and mindful is truly miraculous. I never believed in miracles before, but like Thich Nhat Hahn said "it's not to walk on water, but to walk in complete awareness in the present moment on Mother Earth." It's also a miracle to see so many beautiful, colorful things with our own eyes. In awareness, I see things much

differently, it's sort of like "I once was blind and now I can see". But, there are people in the world's who are truly blind, that would give anything to be able to see. Even if it was for a second to look at their loved one's face, they would think they are in paradise. We are in paradise right now, being in the present moment, we just take too many things for granted. Like Mother Earth. We forget that we are dependent on every single thing in the universe, from a speck of dust, to a star 1,000,000 light years away. For example, the paper you are reading from right now is the entire universe. Without the paper there would be no trees, without any trees there would be no air, without air, there would be no clouds, without clouds, there would be no rain, without any rain, we would have no trees to make paper. It is endless. You can go further to show that every single thing depends, on one another for its existence.

We have been taking ourselves and others around us for granted for so long, we don't even remember, we need each other to survive. If we've been hurting each other so long, how do you expect to even think kindly of the earth, sun and sky to live? Just like we need our heart, liver and kidneys. But, we keep polluting our bodies with the poisons of drugs, and we keep polluting our minds with the poisons of negativity. If we truly look deeply into the nature of existence, we will see our planet is one of the many in the solar system. Billions of years ago air, water, rock and plants started developing. And millions of years ago came the reptiles, insects, birds, animals and finally human beings. We are the child, the baby, we were born from all that is around us. Is this not our Mother Earth? I believe so. And all the rocks, trees in the forest, all the birds on the branches, fish in the ocean are Our brothers and sisters. Are you alone now? Do you want to see more of being a part of something? Just open your eyes, you are in Paradise.

It seems to me, we do drugs so we can avoid dealing with the pain, sorrow, worries, problems and anxiety, that we all have within us. We still try to distract ourselves with TV, stereos, shopping, videogames, anything that will keep us occupied from our true feelings. When I realized, I have a perfectly fine human mind, I started very simply. I figured out, it doesn't take a brain surgeon to be able to stop, take a couple of deep breath's, and don't do the "stupid act" I performed in the past. I never took the time to make a decision, I had nothing in the patience department. For as long as I can remember, I did things spontaneously by instinct. But, Little did I know that my instincts were completely wrong. Even though I thought they were right, because I was accustomed to doing wrong for so long. So, basically I didn't know right from wrong. So, I said to myself, anything you have to decide, be it should I go shopping, should I eat, should I tie my shoes, should I go to a meeting, should I go to bed, all had to be thought through completely. All the pros, cons, goods, bads, and so on. Then, maybe

I would agree to that decision. If I didn't fully agree, I would go back over it all again. This gets a little tedious grocery shopping, people would be swearing at me when I was just trying to pick a bunch of bananas, because I may take a long time. But the main thing this practice did was, is give me time. Something I would never give to myself in the past. Also, if a situation came up where I might get upset, angry or mad ; I would stop whatever I was doing, no matter what it was.

At work, if a customer or fellow employee was getting on my nerves, if I got the urge to use, if the dog was barking too loud, I would stop everything and take 10 big breath's of air . At first, I would stop and breathe about 250 to 300 times a day. I'm not exaggerating, I don't have to lie today. Then after a couple of months, it was 100 to 150 times a day. After a couple more months , it was down to 30 to 50 times a day and I could actually start seeing big results. (Other's really started noticing first) Now, I don't get upset that often, and breathing takes me back to a calm attitude. The other big thing was, after my breathing, I wouldn't respond by saying anything. I would just collect and acknowledge my thoughts and remind myself to be patient, kind and caring. Something I would never do before, especially if someone complained to me in the past, I would take offense and tell them where to go. I wouldn't stop and think, that maybe they have something wrong that I could help them with. Contemplating Compassion for other people is essential. Being Compassionate is Essential . If we help others, we help ourselves. Plus it gives us the time to look at another person's perspective. We open up all the doors of caring, loving understanding when you're compassionate to others.

Just because we know something, doesn't mean we have understanding and truth. We have to throw knowledge away, to have a better understanding. Knowledge is really a barrier to understanding. Even if what we believe is truth, and it runs us over like a truck ; If we grasp and hold on strongly to what we think is the truth, we wouldn't know the truth if it fell on us. In simple terms , it is very much like misperceiving or thinking we know everything. For example, you're walking down a street , you hear and then see a car coming towards you very irrationally. You get angry and start yelling at that stupid jerk , that can't drive correctly. And don't really try to get out of harm's way. The car comes up on you very fast, and at the last moment you jump out of the way, hurting yourself as you hit the ground, but the car keeps going by you. You get up and start screaming again at that stupid jerk who almost ran you over. Then the car jump's the curb and smashes into a building, coming to a complete stop. As you're walking towards the car, you are still cursing at that complete jerk . But, when you get to the car, no one is in it. On its own, the car got loose, because of faulty brakes, and was facing downhill. All of our anger and hatred vanishes toward the person we supposed was driving. If we had a complete understanding, we wouldn't have gotten up set in the

first place. If perception is not correct, we can make a lot of unnecessary suffering for ourselves and others. We have to take the time to look deeply at each and every situation. Just because I know something, doesn't mean it is right. As far as I knew, I thought the driver of the car was a jerk.

Let's look at the development of science throughout history. Every great discovery came about by throwing away what we know. At one time, we all believed we were the center of the universe and every planet, including the Sun revolved around earth. At one time we also thought the world was flat. We also thought that we were destined to walk forever, until wheel was invented. We also thought we had to do drugs, to make all of our pain go away, and what has that done, but give us more pain and suffering. And it will continue, unless we let go of all the things we think are right. Let's be honest, has our way of right or wrong been doing amazingly good things for us? Can we sit in the present moment with our family and friends near a tranquil lake and enjoy each other's company? Can we sit patiently with our children and help them with their homework? Can we spend a day without worry, especially for our health and money for necessities like food, clothing and shelter? Can we be truly happy? Don't hesitate and keep denying yourself the gift of being aware in the present moment. We keep on with the excuses, even after we stopped drinking/drugging. I'll be happy after I get a job, I'll be happy after I get a car, I'll be happy after I get a house. There's always something next. The Time is now to put in effort to achieve happiness. If you get it now, you can enjoy that car, job and house to its fullest.

Even though I was baptized into a religion, it was because I was an infant, and had no say in it. My parents thought it was the right thing to do at the time. I don't blame them, it's what they believed in. At least they believed in something. And today so I believe in something/nothing. Where before, I never had time to think about beliefs or believing. I believe even religion is okay, even though I've never been and still don't consider myself a religious person. As long as it helps people to be kind, happy and peaceful in the present moment, it's fine with me. If yoga, going to the gym, 12-step meetings, meditation, whatever you truly enjoy doing, that brings you happiness, makes me happy also. This is keeping an open mind. I wasn't like this before. I used to get jealous when others were happy and having a good time. This is not the case today. I realize I don't know everything and anyone who does know everything is truly suffering. Also, today I can say "I don't know" very comfortably, where as before I didn't want to look stupid and wanted to cover up my lack of efforts in life. I would say "I know" to everything, even when I didn't have a clue about what another person was trying to do or say.

So, I got to work and took "I know" out of my vocabulary. I had to learn how to live life over and I didn't know how to live in the present, happy life. How could I possibly say "I know" to anything? If someone asked me to go to a 12 step meeting, I didn't say "I know" I said "all right". When someone mentioned I should get some rest, eat something or not to hang around somewhere, I said "all right" or "OK", what a big difference these two small words are, if you substitute them for "I know". What I knew was , how to do drugs; I didn't know how, not to do them. (the good thing is , I started taking suggestion's ,something addict's do not like to do) At least in the present moment if someone asks me how I am I. know I'm all right. Isn't that a start? How many times did we say we were "OK" or "all right" when we were using, not often enough. Everything seemed to be a crisis.

For some years, people suggested I write a book about my life. I thought, maybe this was because , they were amazed that I was still alive and that I did so many unusual things. I didn't realize I might be helping myself and others who have gone through the same difficulties, that life has thrown our way or we bring upon ourselves. At first o, I thought why would I want to bring up all the things that I have been trying to get rid of? But, we humans have an extraordinary thing, it's called a memory. If we get rid of that, we get rid of ourselves. Just because we don't like bad memories, doesn't mean we don't have good ones also. The more we do good things for ourselves and others, the more good memories we will have. Just to have one memory of my loving family, I would take on thousands of lifetimes. This is the positive side of change. I've gotten through most difficult times, partly because I realized I made them difficult, with my negative behaviors. Now, I'm practicing being aware in the present moment, everything seems so much easier, even when things get really difficult. If we sit and think about the nature of impermanence, we see that some things in life are inevitable, such as sickness, aging and physical death. You also see that life is constantly moving and changing.

Doing these contemplations, I've come to realize many helpful things. One is, that life is always moving ahead or continuing. We are all continuations of life. If we truly look at the concept of birth, was it when we came out of the womb? No. Was it when the seeds of our parents were sown? No. let's go further, to the molecules that formed us, from the earth and the solar system. Let's go in the other way of our continuation, or death, by looking at our son, daughter, grandchildren, great grandchildren and so on. The concepts of death and loneliness won't be threatening to us, or be another obstacle to hold us back in life. Just as we have the concepts of up and down, full and empty, birth and death. We also have, no up and no down, not full and not empty, no birth and no death. Not only, is it not vague or hard to swallow, it is

reality. The only reality I had before, when I was in the whirlwind of addiction ,was that I didn't have any more drugs to escape reality and had to get more. Reality today, is being in the miraculous present moment. Reality is, you really are reading this and while you are, you're developing your concentration towards positive things and not abusing yourself and drugs.

We have to learn to stop the things that divert our attention, like bad TV programs and going to bars, for company. All in which take away our ability to concentrate fully. Focusing on the present , develops our power to concentrate. First, we are aware of the problem, with all of our attention, we focus on the problem , then with concentration ,you look deeply into the problem to understand the nature of it. We can't throw, "why me?" Or blame into the mix. When you grow a flower, if it does not grow, you cannot blame the flower , you look deeply into the reason ,it is not doing well. You have to help it. It may need less sun, more water and fertilizer. If we know how to take care of ourselves, we will grow well like a flower. No arguing, no reasoning, no blame , just understanding.

Just as how our mind will gradually change, if we "stop", take the "time" and repetitively concentrate with mindful awareness, so will a lot of our other habits. One good thing about our addiction, was the constant use of bad habits. You can turn that energy around and use habituality to your advantage. Just how we were in grade school we heard many times "repetition is the mother of learning". When I was using, I thought things didn't start happening until 11 at night ,then I would be up all night until morning. The only time I would see daybreak, or the sunrise, was when I wanted to go to bed, and that was only because I would run out of what I had to keep me awake, otherwise it would go on for days. Here's an example, of where I used habituality , to my advantage for something positive. I started going to bed earlier, even if I didn't sleep, at least I was resting. I would set the alarm for seven in the morning and practicing doing this for a couple of months, I started to relax and get some rest. I found I would wake up easily. Before, I was never a morning person, because, I never gave myself the chance to be one.

Why do we feel after we work and run around like crazy, our stress level up, adrenaline and thoughts pumping, do we think were going to relax by using drugs? All we do is get ourselves more pumped up with artificial adrenaline. Now, after couple years, I automatically wake up earlier, because I'm going to bed and winding down earlier. I can enjoy the sunrise, even if it is raining. I know we need rain, I look at things in a "holistic" way. The rain , like everything else in life, has its purpose. Just like us, our purpose is to be happy and to suffer as least as possible.

We can also do this practice, with our eating habits. In the past, if I even bother to eat, it might be a fast food item, I'm not talking about a drive-through hamburger, no, I didn't have time for that, maybe a couple of ring dings ,a fruit pie or bag of chips. I'm 6'4" tall and at one point from drinking beer and alcohol I was 240 pounds. But because of my drinking, I wasn't even close to being aware and started using drugs heavier.(I thought recreational use was a couple times a week) I lost over 90 pounds went down to a walking skeleton, I had the audacity to say, I looked great. Many people thought I had the HIV virus and that I looked terrible. I found, people did not want to be near me. But , there's our perception, or right-thinking again. (I thought, I looked fine) I used to literally pass out , faint, from a lack of energy, from not eating correctly and pushing my body to limits with drugs. So what I do now, is make sure I eat two really good meals a day. Seeing how I'm living an altruistic life, I won't lie, I still eat my junk food. But if that's the greatest evil, compared to my old behavior, so be it! You may ask me, do I think training myself, practicing mindful awareness works? Let me see, I automatically get up at 530 in the morning, do walking and sitting meditation for 35 minutes, with my not starving , perfectly fine working body, in complete happy awareness. Then sit with my family and friends, laughing with joy about how beautiful the day is; I guess you can say, It's working for me, my family and others

Many times we "personalized" our pain. We think we are the only one going through difficult emotional times. We don't take the time to realize every human being has negative emotions. Even though you may see a very calm person, they too, have rough times. They just know, how to be calm. If we do not look at other people's suffering, of course, we will assume we are alone. A Point, I think is good about 12-step program is, we directly connect with others joys and sufferings and inter-relate with many people who have the same afflictions as ourselves. In personalizing our pain, we think we are a completely independent individual, that's an illusion, if we look directly at "codependence" on other people, we would realize, we would not get too far without some help. You can sit quietly and think of relatives who changed our diapers, to people making the clothes we wear ,to making medicines or cures for healing , tools, cars all the way down to our shoe laces, thousands of people are working to help us. Let alone the trees, sun and air to help us breathe, to every single thing in the universe. Are we truly alone, I have you, I think not.

In all of us we have some garbage or compost that we would like to turn into something better. We can't just throw our garbage or compost away, because as a part of us. Mucus, Urine and excrement, are part of us, but so is our heart, kidney and liver. If we throw our Heart away, we won't live, as you won't live if we throw our compost away. Garbage, anger, depression, drugs, guilt and so on, have to be transformed into

positive energy, for beautiful flowers. Just like when a gardener plants seeds into compost and they become beautiful flowers. Drugs and alcohol come from plants, in a natural way, on earth. We cannot get upset with them, it is like getting upset at a beautiful tree in the forest, it is not doing anything wrong, it is just being a tree. Are we to cut the tree down?, no, that would be useless, not only as a tree not going out of its way to harm you, but it will continue to exist, by flowering off seeds anyway. So, we leave the plants of drugs and alcohol alone, in every possible setting, from the Forest where they grow, to the factories where they are produced, to the streets where they are sold.

If you're lucky enough to still have a spouse, now is the time to hold on and care for each other completely. I look at my wife as a direct part of myself, when people say "she is my other half" it is true. To think of the things that I put her through, I would sit in guilt for an eternity. But, she does not make me feel guilty. Guilt, regret or worry serves no purpose, but take up negative space in your mind. When a boat travels, it leaves a wake. That wake has nothing to do with pushing the boat forward. We worked through this together, spending nights communicating about what was going on with each other. We listen to each other deeply, which is essential in any relationship. At first, a lot of bad things we did it came up, it is only natural, we're going to have some aftereffects. (When you turn the switch off on a fan, the blades keep moving even though the switch is off.) But, just like the blood in our circulatory systems, life is ever flowing, constantly moving and changing. In no time, we were talking about and remembering good and happy things. Although some bad things come up, we know now, we had a lot to do with them being bad. A lot of couples give up on each other, when problems can be worked out, if we take the time. We also have to be more trusting and give each other room, so we can work on ourselves. We both went to different treatment centers with months apart, but we kept in contact by visiting, calling on the phone and writing. I learned of other good things from her and she learned some good things from me. We can all learn from each other with mutual respect and deep listening and communication.

Here are a couple of simple things I do throughout today. Now that I have the time, I recite small simple sayings, to keep my mindful awareness. I call them Reminders. Seeing that forgetfulness, is our greatest enemy, I thought this was the best name for them. These aren't prayers, I'm not striving for religion, I'm striving for happiness and to suffer as least as possible. I noticed when I was younger, and I supposedly believed in a religion, that when I did pray, I usually was asking for something. I even did this on the battlefield of addiction. "God, I promise if you get me a drink or a "fix" to stop going through this pain, I'll never use again." These prayers

were always meaningless and never came to fruition. These reminders are important, because you have to make these up yourself. You're now adding your own flavor into your self-discipline program. They can be this simple "the last time I used drugs, I hurt my family and went to prison". You do not have to be intellectual or creative, they just bring you back to yourself, back to the present moment. Yourself is a good place to be, if you work and put an effort into your mind. It is a beautiful gift, yourself and you can give it back to yourself, now in the present, caring moment.

Here are a couple of reminders I say, in the morning, as soon as I get up. One is a Vow I made up; it goes like this; I vow not to ingest any substance that will cloud or impair my reasoning, to do so, would jeopardize my wellbeing and Betray my Family. (make up your own!) It sets the tone for the day, and implants compassion in your mind. I always start by following my breath and feeling the rising and falling of my stomach, to get focused. When I start to get relaxed my breathing, I'll say to myself, I am Patient, I am Kind, I am Love, I am Happy, I am Forgiving, I am Aware, I am Mindful, I am Calm, I am Compassion. Remember your mind is like a TV set with thousands of channels, you are what you watch. Now, you are starting the day being calm, considerate, and loving. This Reminder has changed over time though, because in life, we learn as we go along. I used to have less words and used to say "I will be happy", "I will be kind" and so on. But, one morning, it came to me, that the word, "will" is talking about the future. If I'm saying "I will be forgiving", and someone comes up to while you are saying it, you might think you can be forgiving later. If we say, "I am forgiving", we are right now.

The other Reminder I recite in the morning, is something to get me connected to everything and others around me. Seeing how I alienated everything and others for so long, it also reminds me that everything and every person in the world has the right to be happy and suffer as least as possible. We are all the same, we all come from the same place, and we all need each other to live. You can put anything into this reminder, because we need everything in the world. At first, I almost got lost in this Reminder, because there's just so much we're connected to or a part of. So, I keep it simple and start with some breathing: I am the universe, I am the stars, I am the sky, I am the clouds, I am rain, I am the forest, I am the rocks, I am the water, I am the birds, I am the animals, I am a human. This is very helpful in starting your day, we can truly start to see, it takes more than one single individual to make the world go round. Before we were practicing being aware and mindful, we were being selfish and thinking the world revolves around us. After I do this reminder, I feel very relaxed and tranquil. I first start counting my breath, saying one on the inhale and Two on the exhale and continue to 10 and start over until my mind starts to settle more. Then, I realize I have

to Breath to live, it is a simple fact. Just become one with your breathing it is something that can easily connect your body and mind. Start out slowly and just sit and observe, like the film critic. Anything that comes in your mind, don't get upset over it ' just let it come and go . At first we still have many bad memories like guilt and so on. But, just as everything changes, so will your thoughts. Again , Do not make your mind a battlefield, trying to guard against thoughts that come into your head. Just acknowledge them and let them flow down stream until another one comes. Continue breathing and acknowledging. You realize you're still alive, even though all those the "bad" feelings come and go.

People keep putting off happiness, for the future. I will be happy after I get a new car, I will be happy after I get a new house. You can be happy in the present moment right now, just realizing all you need to do is breath , to live. A doctor ,a lawyer, a scientist may have more material wealth, but are they truly happy? As happy as I am? A house can burn down, a car can break down, a diamond ring can get lost. But, if I am mindful I cannot lose myself in the present moment. You have the most wonderful gift , Your Clarity of Mind . This is Your Treasure , stop walking around like a pauper, when you have a priceless jewel in your pocket ! I gave myself a free, wonderful gift, which is available now. Time to Stop, to Look and Listen!

In order to develop techniques to enable us to stop, look and listen; we must realize that we are basically composed of learned behaviors. We as a society ,have not had the opportunity to fully learn how to train our mind . This leads millions of Americans to seek help in the mental health field. In eastern society there are hundreds of methods to keep focused, concentrate and to bring tranquility to body and mind. And they are all generally forms of Zen. They range from religious, judo, martial arts, philosophical and even to Tea ceremonies. The principles we can use here are called "ordinary Zen". Being free from religious content it can be used by everyone. It is practiced purely on the belief that it can improve both physical and mental health. Since it has no ill effects, anyone can undertake in the practice. It is bound to eliminate sickness of a psychosomatic nature and to improve health in general.

Through the practice of mindfulness or ordinary Zen, you learn to concentrate and Train your mind. It never occurs to most people, to try to Train their minds and unfortunately this basic training is left out of contemporary education, because it is not recognized as an "acquisition of knowledge". Yet, without it, what we learn is difficult to retain, we learn improperly, wasting much time and energy in the process. We're virtually crippled unless we know how to retain our thoughts and concentrate our minds. Furthermore, by practicing this excellent mode of Mind Training you will find yourself increasingly able to resist temptations, such as picking up drugs, which you previously

gave in to, and severing attachments that hold you back in life, or in bondage. You're no longer a prisoner to yourself. A richness of personality and a strengthening of character inevitably follow, since the three elements: of mind, intellect, and feeling will develop harmoniously, once the mind is unified and brought to single pointedness through concentration. A power or strength naturally arises in you. It is a dynamic power which enables us even the most sudden and unexpected situations to act instantly, without pausing, in a manner fully appropriate to the circumstances. Once you develop this, you are no longer a slave to your passions or at the mercy of your environment; you're always in command of yourself and the circumstances of your life.

If we started learning how to focus and concentrate when we're young, say in grades one through six elementary school, we would be in a much better position to look into problems and try to solve them; instead of running away from them, which our society is so Adept at doing. But, where does and with Whom does it start? Here and now! With you! Everyone can better themselves in some way. Those who think they don't need self-improvement are just like the "know it alls". They are trapped in notions of "best this" and "best that", they have no room to grow. We know in life, if we stop growing, we die, we are a corpse! This is a problem in society, stuck in the ideas of "Too good for this" and "Too good for that". Sadly, this is the discriminatory mind at work that reaks havoc in the world today. No one is in the position to say, they can't improve their mental health. It has to start with you. By you bettering yourself, you're bettering thousands of others in society itself! Remember, this practice is focused on the present moment. The here and now. To be in the realization of everything you are doing. No matter how trivial you think the task at hand may be, it is a concentrated effort to not be thinking ahead or behind while you are doing something. When you are doing the dishes, you are just doing the dishes.

Here are some exercise I suggest, only because I have a direct experience with these, and I have worked and practiced them. There are others, but these are the basic essentials. To be completely Mindful of everything you are doing the whole day at first, is a little difficult, a little over whelming. Do Not set your goals too high, if you fail, you may become discouraged. If you keep your goals realistic and succeed, you'll be more enthusiastic and achieve more. So, instead of the whole day, for a week at a time, practice from when you wake up until you finish your lunch, the next week after lunch until dinner, the next week after dinner until bedtime. An example of week one: all actions, movements, etc. are repeated to yourself. I'm sitting up in bed, I'm walking to the bathroom, I'm brushing my teeth, I'm walking to the garden, I'm getting frustrated, I am making coffee, I am eating breakfast. As many movements and actions as you can, keeping yourself in the moment of what you are doing. This is the practice of "staying in

each moment” or mindfulness. As you complete the third week, go back to week one. Within a couple of months, sooner than you think, you will start practicing throughout the whole day. You may be working on an exercise of morning practice, then suddenly, at night time you will be realizing you're focusing on what you are doing. I found myself saying, getting ready for bed. Amazingly, things naturally come together. Combine this exercise with a 15 minute single pointed focus of counting your breath and you are on your way to becoming more tranquil, more focused and more together. A single pointed focus is the exercise of counting your breathing and continually focusing your eyes and mind on one object.

The object could be a “shoe”, “rock” an “apple”, any object to keep your mind's eye focused. Sit in a comfortable position with your back erect . You do not want to be slouching, because you do not want to be falling asleep. This is an exercise, to wake up! Your object should be four to five feet on the ground in front of you, so your eyes are slightly looking downward. There are several ways to count your breath. Always count one through 10, then back to One. If your mind wanders, which it will at first, just to say “focus” or what ever your object may be “shoe” or “rock”. If you lose count, just start at one again. Don't get upset, don't fight with yourself, is not like you were on 900,000 and have to start over, you were only on four or five. That's the beauty of counting 1 through 10. Now start counting to yourself, you inhale on one and exhale on two, in on 3 and exhale on four and keep that going until you reach 10. This is the most basic, to keep your wandering mind focused on the numbers that your counting, you're filling your mind to what you are doing, counting! After a week or so of this method, move on to counting just the exhale and only the exhale. Naturally breathing in, but counting one on the out breath. After practicing this way for a couple of more weeks move on to counting the “in breath”. You can rotate these exercises with your morning noon and night mindfulness exercises and after a couple of months increase your sitting to 30 minutes at once or Two 15 minute intervals. Remember , your attention has different degrees. Example: you're on a train and may be paying attention to see that no one will take your luggage. We may think our attention is high, but if you were in a firefight in ongoing war and worried about getting shot to death, your attention would be much greater. This is how you should focus on your object and count your breath to this degree. Have you ever seen a cat watching a spot or a hole where a mouse can come in and out of? The cat will stay focused, constantly aware of that spot no matter if other things come into view or try to persuade him, he stays focused on the mouse hole. This is the kind of attention we need in a single pointed focus! This practice keeps you more attentive to everything around you , may it be learning in school, to washing dishes ,to not doing drugs that have hurt you in the past. Now, you

can pay attention to your remembering not going to forgetfulness, which is the opposite of mindfulness. When you forget you went to jail, when you forget you almost died from an overdose of drugs, when you forget you hurt your family, you're not in mindfulness or remembering. You start noticing you are accomplishing things so much easier in mindfulness. Your life will naturally fall into place. You will feel a state of calming peace, happiness and joy. I think these are good reasons to practice.

Scientific research over the past 30 years has agreed that meditation has many positive effects for both body and mind. High blood pressure, heart disease, stress, depression, anxiety are all drastically reduced, just to name a few. But, you do not have to be scientifically intellectual to enjoy the fruits of meditation. We just have to practice. It is also been shown that through meditation, a high percentage of people are giving up smoking and drinking alcohol. People in our society usually drink or take medication, if they get tensed up, even with the smallest of problems, they feel the need to relax, but not naturally. Practicing meditation, opens new doors to finding relief and calming ourselves down, without the substances. All emotions are temporary, and impermanent and constantly changing. We realize "the feelings" won't be around long if we take the time to see them change. Instead, we react instantly when we are angry or jealous and it is hurting ourselves and others immensely. We should learn how to take the time to calm down, look deeply into problems that can arise, instead of going off half-cocked, into another situation where we are regretting what we've done. Meditation is taking the time to look into every situation. Take time just watch, don't judge, because we exist in all things. We have to see the whole situation or problem. Example: a Lion attacks a deer, or a Cat goes for a mouse. At first we may feel the pain of the victim, but we also have look at the other side of the coin. The Lion is hungry, he has to eat or he will starve. You must feel the pain and joy on both sides. All things have to struggle or put in an effort in some way to survive. Our struggle or effort is going to be mindfulness, awareness or remembrance. At first, it will be a struggle, but with devoted practice, it will become effortless. You will flow naturally as a fish in water, instead of being held back by forgetfulness, You will become the important peace or part of the universe that you truly are. As we know, that everything depends on each other, so we need every part to survive. Just as we need every organ in our body to function correctly, the universe needs all the parts, the tree is a part, water, plants, animals are all parts, a river, a mountain and the sun are all parts, just as you are a part! No part is more or less important. Take away a part and everything changes drastically. Take away trees and there will be no oxygen, take away clouds and there will be no water. The universe is a perfect Whole and you are an important

piece of that whole. If we are is this important, can't we take five minutes to breath, to calm ourselves down, to not make further problems for ourselves and others!

No one, no thing , survives on one thing. Just as our body needs many nutrients in vitamins, it also needs sun, air and water. We need more than just 12 step meetings. Even the 12-step program tells us this. Alcoholics Anonymous just released some very disturbing news. 50% of all people go back using within three months , 75% within a year relapse. This is grave. When it comes to people's lives and the others that suffer from our abuse of drugs. That is less than a 50% chance of living. We have a 50% chance of dying the third month. I don't like these odds , I think practicing mindful awareness is drastically going to raise the percentages to live a better life. With over 20 million alcoholics and United States, even if the minimum of people affected (mean hurting our brothers, sisters, mothers, children) is six, which is a very low figure. We're talking about over 120 Million people affected by these negative actions. 40,000 people a year die from drugs and alcohol, 15,000 just from DWI accidents. This is beyond epidemic. Our entire country is jeopardized by these actions. We are just too "self-centered", "selfish" to take time to look deeply into the problem. The only disease you have , is your selfishness. But fortunately, that can be worked on by training your mind or mindfulness. If you are focused on counting your breath, Who is left to get into trouble? Learning how to focus and concentrate helps you not to fall in to forgetfulness, you help yourself, your family and society.

In general, humans live their lives as if in a dream. We cannot concentrate and pay attention to what we are doing at the moment. It is essential for us to do this if we're not to fall into the same things , that hurt ourselves and others in the past. People are so distracted and running around trying to accomplish things, it is if we are not really here , because our Mind sure isn't. Just as millions of us go to gym's and spend lots of money on training our body, we can also Train our minds; we don't have to spend a lot of money, just time and effort. These things are free, help yourself to them. It is a concentrated practice all day. When waking up, I am just waking up. When walking, I am just walking. When eating, I'm just eating. When I am concentrated on what I am doing, a lot of unnecessary thoughts don't distract me. (Especially ones that cause stress, anxiety and depression) In the present moment we can learn to thoroughly enjoy everything to its fullest. When reading, you are just reading, not thinking of the things you should have done. When watching a movie, you are just watching a movie, not thinking of work tomorrow. Work will come soon enough and you'll be thinking of work when you really are there , in the present. Just as with playing the piano , you will not be a concert pianist in a couple of weeks, you have to practice over a period of

Time ; give yourself that Time , no one else can ! Living in the present moment takes Practice , and Practice makes perfect!

Nothing new has been said here , don't believe me; look into this ,find out and believe in yourself !