

When Being in the Moment is the Best Place to Be

by Menna de sa Barreto

Westerday I was on the tube in London, squeezed in among the commuters, trying to ignore the heat, my aching feet and avoiding potential eye contact by intently focusing on a book about living in the moment: *Being Here, Modern Day Tales of Enlightenment* by Ariel & Shya Kane. I was trying to learn about being in the moment, while studiously avoiding the moment I was actually in. Because, I'll admit, being on the tube wasn't high up there on my list of perfect moments.

I have hierarchies of places I like to be. On a beach in Barbados ranks pretty high, closely followed by my sofa with a tub of Ben & Jerry's watching 24. And, when I'm stuck on the tube, I often go to my mental folder and distract myself with my own

private picture show. But yesterday I got a glimpse of what I'm missing.

I was particularly moved by a story in the book and I glanced up, smiling to myself. I caught the eye of an old lady sitting a few feet away. Thinking I was smiling at her, she smiled back. But it wasn't an ordinary smile, it wasn't a superficial, surface smile it was real, heart felt and true. Her eyes sparkled at me and in that moment I felt really seen. It was the briefest of validations but it made my day.

I stepped out, still smiling, walking fast but I relaxed inside myself, feeling kindly towards the hundreds of people hurrying around inc. In my happiness I was moved to give the guitar player at the foot of the escalator a quid and got another grin

in return.

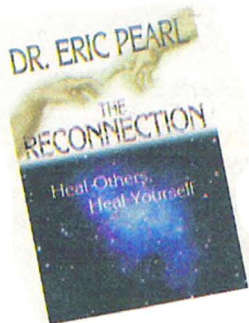
When I look up from my book, I can catch a kid giggling. When I pause my i-pod, I can make a connection with another commuter. And then my aching feet disappear, and I forget about the heat and I enjoy brief moments of connection with the rest of humanity, connections that make life sweet, wherever I am.

When I cut myself off from my moments in the underground, not only do I miss the potential for great smiles, but I tend to cut off from the rest of my life too. And now I know I'm missing the most magical moment of my life, the one right now.

Ariel and Shya Kane lead evening and weekend groups in Manhattan dedicated to supporting people in living in the moment and having extraordinary, fulfilling lives. For more information, including dates and location, call 908-479-6034, or visit their website: www.ask-inc.com. The Kanes are international/ > acclaimed seminar leaders and business consultants whose revolutionary approach. Instantaneous Transformation, has helped thousands of individuals and companies worldwide. Their books and audios are available at local and online bookstores and via their website.

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