

Manifesting *Thoughts*

A Newsletter on the Art of Manifesting Your Heart's Desires Using the Law of Attraction

December 2008

The Presents in Present Moments



Are you making your list and checking it twice (or three times or four times or five) this Holiday Season? After all, you do have to make sure that you don't miss anyone on your gift-giving roll call this year. There is your family, your friends, your co-workers, and an astonishingly large number of casual acquaintances and others that you don't want to forget.

But what about you? Do you feel lost in the midst of the Holiday hubbub? Is there something missing in the season's good cheer? "Life can take place only in the present moment. If we lose the present moment, we lose life" Buddha tells us. Maybe the "let down" way that you are feeling is your subconscious mind telling you that you are letting your life slip away. Going from task to task, crossing things off of all of your lists might be your idea of accomplishment, but maybe those achievements are lost on your soul.

"A successful man is one who has spent an entire day on the bank of a river without feeling guilty about it" is a Chinese proverb that may hold a clue to your secret longing. You may not think that you have an entire day to while away at a river, but you can begin living in the present, being exquisitely conscious in the here and the now, without constantly looking ahead and behind. As you go about your day, be part of it without being somewhere else in your mind. Be there to witness the colors, the smells, the sounds, the sensations, and the feelings that are the presents in each moment.



A great way to start your mindfully-aware day is when you wake up in the morning, allow yourself the gift of lounging in bed for a few extra moments and connect with your breath. While lying on your back with your pillow underneath your head, and your arms and legs stretched out evenly on the bed, begin noticing where your breath originates in your body. Follow its movement as it flows, making your stomach inflate as you inhale and deflate as you exhale. As you continue observing your breath, you will become more and more relaxed, peaceful, and mindful of your body. And remember, as so elegantly stated by The Dalai Lama, "The purpose of life is being happy. Inner peace is the key. In that state of mind you can face difficulties with calm and reason, while keeping your inner happiness."



One final suggestion for living in the now—quit judging everything. The true beauty and clarity of now can very easily be clouded over by judgment. We spend so much of our days adjudicating over what we see and hear that we are always lagging behind. In other words, if you are taking the time to judge something, you cannot be fully present with it. Allow people, places and things to be what they are, as they are, and you will fully experience the presents in each of your moments.

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And as you scurry about grabbing up bargains and racking up charges on your credit cards this Holiday Season, consider this: Perhaps the best gift that you can give to your loved ones this year is you. Unhurried, unharried, unfrazzled you. Calm, relaxed, loving, playful you. Add an assortment of store-bought Holiday cookies; cups of hot cocoa; and good, old-fashioned board games or a wonderful book to read out loud; and enjoy every moment together. Now that's a priceless present.

Manifesting *Tip*

From now until December 31, 2008 Heart Projects, LLC is offering **FREE shipping via 1st Class Mail in the U.S. and Canada on all of our Manifesting® Products**. Now is the perfect time to think about Holiday gift ordering and this is the perfect way to do it!

*Begin doing
what you want to do
NOW.*

*We are not living in eternity.
We have only this moment,
sparkling like a star
in our hand—
and melting like a
Snowflake.*

- Marie Beyon Ray



From our Family to Yours

Happy Holidays!

Heart Projects, LLC

To learn more about our Manifesting® products, please visit us at: www.Manifesting.us