

NLP: The NOW State

"Yesterday is gone. Tomorrow has not yet come. We have only today, let us begin". **Mother Theresa**

The NOW State¹ is a technique used in Neuro-Linguistic Programming, originating from Hawaii, where it is known as *Hakalau*, it is often referred to as 'the learning state'.

It helps to bring your awareness to the present moment and allows us to consider what is happening around us in terms of our environment and the sounds and feelings associated with it. It can help us deal with problems or issues we are experiencing, banishing what I call 'mind chatter', so our thoughts and memories that we run, recalling past events, conversations or rehearsing or planning events in the future. These are buzzing around our mind constantly, some of the thoughts enable us to model past mistakes to help us in the future, but when the thoughts or memories are perceived as negative and likely to happen again in the future it can send our mind into overdrive, starting off feelings of worry, stress and anxiety.

According to the assumptions of Quantum Physics, you create your universe based on your personal observations. If you didn't '*know*' something existed, then it didn't. So, by '*knowing*' something, you are actually creating it. At the same time, the '*knowing*' at some level also created boundaries and can be limiting your choices since it stops you from being in touch with all the other infinite ways of '*knowing*'.

By practising the NOW state, you are opening up your mind to possibility and choice, expanding your mind so what you experience is bigger than the problem. You are being in the present moment and you can move forward to overcome fears and limiting beliefs that are holding you back as well as manage your energy in a positive way.

NOW State Exercise,

Instructions:

- 1) Find a place where you will be comfortable and able to relax. You can either sit or stand, whatever you prefer.
- 2) Start by taking some slightly deeper breaths than you would normally. In and out, that's right, nice, slow, even breaths.
- 3) Ground your feet firmly on the floor, feel the solid connection and rest your hands either by your sides or if sitting, place them resting in your lap & relax your body. Your eyes will be open for this exercise.
- 4) I would like you to pick a spot to look at on the wall in front of you, just above eye level, so that your field of vision seems to rest on your eyebrows, you will be able to experience this as a feeling. Begin to focus on your chosen spot, look at nothing else throughout this whole exercise, your chosen spot only.

- 5) You may have some thoughts coming in your mind, if so, acknowledge them and let them just drift away, as if they were floating on a warm summer's breeze.
- 6) Keep focusing on the same spot at the front of the room & notice that you can see the ceiling and floor as you still focus directly on your chosen spot. You may experience your vision becoming blurred, this is completely normal.
- 7) Now, notice how you can start to expand your vision, notice it spreading out to the corners of the front of the room. You still have your focus on your chosen spot, just notice your awareness expand out without your eyes moving at all. The longer you focus on that spot, the more you will see and be aware of.
- 8) Relaxing into it, start to notice how you can expand your vision out towards the sides of the room. Keep expanding your awareness out, see what is around you, whilst still focusing on the spot at the front of the room.
- 9) Continue until you can really see what is in your peripheral vision, you may notice the colours and different objects, shapes or colours around you. You may start to notice sounds that you are not normally aware of.
- 10) Continue looking at the same spot, you may even have started to notice or pay attention to what is going on behind you if you notice carefully.
- 11) As you are in this 'state', notice your feelings you are experiencing and what you can see and hear.
- 12) Now, when you are ready, gently start to allow yourself to come back, open and close your eyes, start to move your body and move, shake your body out.

Post Session Analysis

- A. How did you get on with that?
- B. Did you manage to focus?
- C. Were you able to stop the whirlwind of life and really notice what's happening around you?

The concept is relatively simple; however, it can be trickier to master, and it really is a case of practise makes perfect. Keep going and you will start to experience the power of the NOW State.

"Time isn't precious at all, it is an illusion, what you perceive is not time, but the one point that is out of time: the NOW. That is precious indeed. The more you are focused on time- past and future, the more you miss the NOW, the most precious thing there is." **Eckhart Tolle**

Reference

1 – as taught by [Terry Elston of NLP World](#)