THE PRESENT MOMENT

by Aurora Winter

The past is history, the future is a mystery, and this moment is a gift. That is why this moment is called “the present.”

So often when we’re upset, we are not in the present. We are regretting the past, or we are anticipating the future with fear or anxiety.

The only path to happiness is through the present moment. We can only act in the present moment. The present is our opportunity for clarity and choice. The present moment is our point of power.

The “P” in the PEACE Method™ reminds us to breathe deeply and consciously … and come back into the present moment. This is key to coaching our clients From Heartbreak to Happiness®.

Bring your coaching client into the present moment using a two-step process:

1. a breathing mediation, and then
2. a spiritual mind treatment

Here are three short meditations to help you come into the present moment:

Meditation by Aurora Winter:

INHALE    HOLD    EXHALE
Breathe in Divine Love ... Be Divine Love ... Radiate Divine Love
Breathe in Divine Light ... Be Divine Light ... Radiate Divine Light
Breathe in Divine Power ... Be Divine Power ... Radiate Divine Power
Breathe in Divine Peace ... Be Divine Peace ... Radiate Divine Peace

Meditation by Thich Nhat Hanh, author “Peace is Every Step”

“Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!”

Prayer by St. Francis of Assisi

“Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is darkness, light;
And where there is sadness, joy;
O Divine Master, grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying to self that we are born to eternal light.”

Homework: choose words to bring you and your coaching client into the present moment through a breathing meditation. Be sure to select words that will be appropriate given your coaching client’s spiritual beliefs.

Setting the Space

After bringing yourself and your client into the present moment through a breathing mediation, it is great to establish that the coaching conversation is set apart from a regular conversation by setting a “sacred space.”

I like to do this by using a modified form of a “spiritual mind treatment.” I invite you to write your own spiritual mind treatment, so that it reflects your beliefs and is harmonious with your client’s spiritual beliefs. I use this basic structure, but use different words each coaching session, tailored to suit the client, situation, and setting.

Spiritual Mind Treatment

A spiritual mind treatment is a specific type of prayer. Dr. Ernest Holmes, author of “The Science of Mind” popularized the spiritual mind treatment. Ernest Holmes divided a Spiritual Mind Treatment into the following 5 steps:

1) Recognizing the Divine
2) Recognizing our connection to the Divine
3) The body of the prayer
4) Gratitude
5) Release

Homework: Write your own spiritual mind treatment to use with your coaching clients. Write 2 versions, 1 for a spiritual client and one for a non-spiritual client. Bonus homework: write a longer version to encompass your entire life.
Sample script of bringing yourself and your coaching client into the present moment at the beginning of a coaching session, using a breathing meditation and then a spiritual mind treatment.

**COACH:**

Let’s start the coaching session with a little meditation, so that we can use this time most effectively for you. Okay? …

I invite you to be seated comfortably, with your arms and legs not crossed, so that you have an open posture. I will lead us in the meditation, but I invite you to breathe at your own pace…

**(Meditation)**

“Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!”

Repeat this mediation by Thich Nhat Hanh 3x

I invite you to continue deep breathing and I’m going to verbalize my intention for our time together today.

**(Spiritual Mind Treatment)**

I honor and acknowledge that the Divine is. It is love, light, laughter. It is the peace that surpasses all understanding. It is creative and expansive in it’s very nature. It is all needs met with grace and with ease.

I honor and acknowledge that the Divine is in everything and in everyone, including in me and including in _________________(client’s name). So I invite that part of us that is Divine, or that part of us that is an instrument or channel for the Divine, to be fully present right here and right now. That we may both be blessed with Divine insight, wisdom, clarity, and revelation.

I dedicate this time together today to whatever is in _____________________’s (client’s name) best interest. I dedicate it to her peace of mind, her prosperity, her clarity, and her contribution. I dedicate it to uplifting all her relationships, whether personal or business relationships. And to everything else that’s in her heart or mind right now that’s in her highest and best good, I dedicate our time together today to uplifting all those things.

And I release this intention with gratitude and with thanksgiving, knowing that it was already done even before I asked.

So be it. And so it is!
HOW TO DO A SPIRITUAL MIND TREATMENT

by Aurora Winter

Spiritual mind treatment (sometimes simply called "treatment") is a form of prayer that was taught by Dr. Ernest Holmes, founder of Religious Science and author of *The Science of Mind*. Holmes taught that there is a scientific reasoning underlying all prayer, and that through this process of reasoning we are treating our own mind – or the mind or our client.

I learned this form of prayer at Agape, thanks to Dr. Rev. Michael Bernard Beckwith and his team. I find this format very valuable when coaching clients through grief, and begin each coaching session with a spiritual mind treatment. This is a simple and powerful way to shift your coaching client out of victim consciousness, out of feeling separated and alone, and into a higher state of consciousness where they are reminded that they are not alone.

My experience is that, whatever we believe, we get to be right -- which is another reason to align our thoughts and beliefs -- and those of our clients -- with good or God.

While this notion has recently been popularized by movies such as “The Secret”, it is not new, as you can see from the following passage from the bible:

“Oh, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”
- Philippians 4:8 (NIV)

If the client is not religious, I choose words that uplift and inspire but avoid “trigger” words such as “God”. If the client is spiritual, they may perceive that the spiritual mind treatment is actually a prayer.

No matter what your spiritual beliefs – or those of your coaching client – my experience is that setting your intention for the coaching session using this format is extremely valuable, especially with grieving clients. On a number of occasions, my coaching clients would shift from an agitated, grieving state to a calm, peaceful, hopeful state simply by my taking the few minutes to do some centering breathing and a spiritual mind treatment. I urge you not to skip this step!

In terms of my spiritual beliefs, I believe that we are like cells in the body of God, and that each person is a tiny drop of Divinity, with a Divine mission here on planet earth that is essential to the optimal well-being of all. I choose to believe that we live in a supportive Universe that is conspiring to bring us good, and to invite us to greater consciousness/enlightenment.

Prayer, whatever form is used, does nothing to God. It actually brings the one praying to a "realization" of God, a realization that all is well and that he/she is not alone in dealing with the situation. This realization in itself creates a mind shift and brings a person to a higher level of consciousness, walking them up the ladder of emotions or scale of consciousness.

When you speak of your client or of God, you do so in the 3rd person, not the 2nd person. In other words, your client is not “you” but “Ruth” or “Janna” or “Brian.” God is not “you”, but “God” or “the Divine” or “He/She/It”.

We are working with the God of your understanding or the understanding of your coaching client. I am not promoting any particular religion or point-of-view. In my experience, spirituality dramatically accelerates healing heartbreak.
Treatment consists of five steps. I call these steps:
1. In awe of God (or Recognizing the Divine)
2. In union with God (or Recognizing our connection to the Divine)
3. God in action in my life / my client’s life (or the body of the prayer)
4. Giving thanks to God (or Gratitude)
5. Releasing it to God (or Release)

Treatment can be done with an individual coaching client or with a group. In the beginning, you may find it easier and more comfortable to simply read the steps as written (generic as they may be). When you begin your own deepening process as the result of treatment, you will find value in wording each step yourself so it more closely suits the situation. Therefore, at the beginning of each step is an explanation of its purpose.

The power of prayer has been known to humanity since the beginning of time. Each of us has found our own ways to experience and express our connection to that "something" which is greater than our daily events and challenges. Spiritual Mind Treatment is one of those ways.

Doing A Spiritual Mind Treatment – 5 Steps

**Step 1: In awe of God**

In the beginning, God...Begin by recognizing that "God is all there is," including the practice of the prayer. Name as many attributes of God that you can think of to begin "treating your mind" that there is a power greater than you are and greater than the issue at hand. Remember: you are not making God these things; you are reminding yourself that this is what God is. You might say:

"God is. Whatever I may call It - Spirit, Infinite Intelligence, Divine Love, Total Peace - It is always the same: It is timeless, changeless, everywhere present and completely powerful to heal and renew me and this situation in my life. It is courage and pure joy. It is profound peace and uplifting laughter. It is total wisdom and the spontaneity to enjoy life."

**Step 2: In Union with God**

It is easy to recognize that God is all these things. And it is often more difficult to see your unity with God and know that you are those same attributes. You are "made in the image and likeness of God." How can you be anything but the magnificence, power, love, etc. that you have just declared God is?

"God and I are One. I know that I am infinite intelligence, deep peace, unconditional love, courage, harmony and joy. I am what God is. God is expressing through me right now in every way. I have all answers within with God as my source. Every cell of my body is God, every situation is God, every thing in my life now is God."

**Step 3: God in Action in My Life / My Client’s Life**
The first two steps are often compared to meditation. When you have experienced a richness and a deepening as a result of the first two steps, the third step is a declaration of the Truth you have realized. It is always worded in the first person and in the present tense. You are not asking for anything. You are declaring and affirming that it is the Truth and is already done. REMEMBER: You are treating your own mind about this. The entire Kingdom has already been given to you. If you don't believe it, God can't do anything more for you. If you are doing this treatment for someone else you substitute their name where yours is indicated.

"I now speak my word for myself. The Truth of God is the Truth of my life. I easily and effortlessly know my greater good, know it is my Divine right and the truth of my being to experience the highest and best good for myself. I am always in the right place and the right time. The Wisdom of God within me guides my every move. I experience unconditional love flowing through me at all times. I feel the perfection of God in every cell of my body. I am total harmony and joy in every area of my life. I see God in every situation in my life."

**Step 4: Giving Thanks to God**

Here you express your gratitude for the successful completion of your declaration of Truth and for your willingness to see it, believe it, and surrender to its unfoldment. You might say:

"I give thanks for the realization of this treatment and the perfect working of the spiritual law which responds to my thoughts and words. I am confident and joyous that my good is already unfolding through me as me."

**Step 5: Releasing it to God**

It's time to release it to Spirit. You've done your work; now know the Law will do its work - through you.

"In this feeling of gratitude. I release this treatment to the Law. I know it was done before I even asked. I release any doubts or fears and simply allow it to be my good, right now. I have declared it to be so. And So It Is!"

*Spiritual Mind Treatment Source - for more information, read “The Science of Mind” by Dr. Ernest Holmes or http://www.religiousscience.org*