



The Now Is Where Our Freedom Is

By Bridget Engel

How do we stay in this now moment? By making a conscious connection with your breath, which focuses your attention into this present moment. Bringing oxygen into every level of the body is one of the greatest pathways for vital health and feeling free. The angels and your higher self imbue all of your oxygen molecules with your information that you are seeking. When you are breathing deeply, you often get your aha moments and creativity streams.

This is a practice. And the more awareness you can bring to this, the easier it will be. I am experiencing a time in my life where I am busier than I have ever been, yet I feel the most spacious I have ever felt. This is because I am spending most of my time in this now moment. I notice instantly if I am having a fearful thought, as my energy immediately dips and I don't feel as good. This happened to me today when I took Merlin to a holistic vet. I felt fantastic about the veterinary and she is very aligned with my philosophies on life. Yet, when I received the \$500 bill, I felt my energy dip dramatically and my chest clutched at this huge bill. I could have stayed in the downward spiral really easily, but I noticed it and said to my mind "Stop". And this released me to put my attention on other things. When we say stop or cancel or something equivalent, it interrupts the thought pattern.

We are in a time of much accelerated energy, which means everything is manifesting with greater speed. Our thoughts broadcast as frequencies of energy that act in a fashion similar to a homing pigeon. They literally fly out from your mind to connect with whatever you are thinking about and brings it to you. This means you get what you think about whether you want it or not.

The more you can stay in the present, the easier it will be to notice what you are creating and you will feel happier, joyful, more free and lighter. This does not mean monitoring your thoughts, (which would be extremely difficult) as we have so many -- but more about noticing if your energy dips.

Exercises

1. Put little reminder notes around to focus on breathing deeply.

2. Ask your angels to help you stay more present.

3. Focus on only one activity at one time and give it your full attention. This is how I expand my time and accomplish a lot in my day. The times when I think multi-tasking would be faster actually tightens my body, and everything seems to feel stressed and takes much longer.

Sending you all much love, light, laughter, ease and joy.

Angel Hugs,

A handwritten signature in cursive script that reads "Bridget".

Bridget

www.angelsareus.com