



CHAPTER ONE



Present as a pigeon



Chapter Summary

In this chapter, Jen Sincero emphasizes the importance of living in the present moment. She illustrates this through a personal story about yoga and the discomfort of the Pigeon Pose, highlighting how our anxiety about the future and regrets from the past often distract us from the miracles of the now. Sincero encourages readers to let go of mental chatter and reconnect with the universe to experience bliss and fulfillment. By embodying the mindset of children and animals, who are constantly present, we can tap into the joy that exists around us. Ultimately, our desires are already available; we just need to awaken to their presence.



Living in the Past Causes Pain



When we dwell on the past, we often find ourselves stuck in depression. Recognizing this allows us to shift our mindset to the present, where peace resides. Understanding this connection is vital for our mental well-being.

Yoga and the Present Moment



Sincero shares her experience during a challenging yoga class. Initially filled with dread, she learns that surrendering to the moment can transform discomfort into bliss. This teaches us that opening up to the now can lead to profound experiences.



The Miracle of Now

Amidst our chaotic thoughts, we often overlook the incredible miracle of existence. Sincero highlights the ability to experience joy and gratitude for life itself, emphasizing how it's always available in this very moment.

Awakening to the Universe's Gifts

The universe constantly offers us signs and miracles, but we often fail to notice them. Sincero encourages us to be present to truly appreciate what exists around us. Every moment holds potential and beauty waiting to be recognized.



Animals as Teachers

Animals naturally embody the present moment, showing us the joy in simply being. Their enthusiastic receptions remind us of the beauty in now. Observing them can guide us to reconnect with our own sense of presence.

Learning from Children

A stylized, flat-design illustration of a group of children playing in a garden. The children are depicted in various poses, some sitting on the ground, others standing, with their arms raised in the air. They are surrounded by large, simplified shapes representing plants and trees in muted colors like olive green, dusty rose, and teal. The overall style is modern and artistic, with a focus on movement and play.

Children's ability to immerse themselves in play demonstrates how to live fully in the moment. They haven't yet learned to be self-conscious, allowing them to experience life's joy and creativity more profoundly.

Everything You Want is Already Here

Sincero reinforces that all the opportunities and desires we seek already exist. Being present allows us to connect with these possibilities and realize their existence instead of getting lost in our thoughts.

"All the stuff we're so worried about is already right here, right now."

The Power of Awareness

Just as electricity existed before the light bulb, our desires are present even if we aren't aware.

Awareness of these opportunities comes from being rooted in the now, allowing us to see what's possible in our lives.

"It's not that the things we want don't exist yet; it's that we're not yet aware of them."

Quieting the Mind



To embrace life, we must still our minds and breathe. This practice connects us to source energy, opening us up to joy and peace that already exists. It's essential to recognize and appreciate the vibrancy of existence.

Living Richer Through Presence



Spending time in the present enriches our lives and connects us to vibrational frequencies that attract goodness and opportunity. Sincero inspires us to let go, show up, and embrace the beauty surrounding us.



Recap

- "If you are depressed, you are living in the past. If you are anxious, you are living in the future."
- "I breathe into it... I shut off the relentless yammering in my brain."
- "Animals are in the present all the time, and their secret power is to pull us in with them."
- "They are constantly creating in a state of free-flowing, concentrated bliss."
- "All the stuff we're so worried about is already right here, right now."



Thank You

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