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Leading Peak Performance Coach

Eureka[®]

Leadership-Management-Team Building-Well Being-Environment

Making a Difference[™]



Live Now

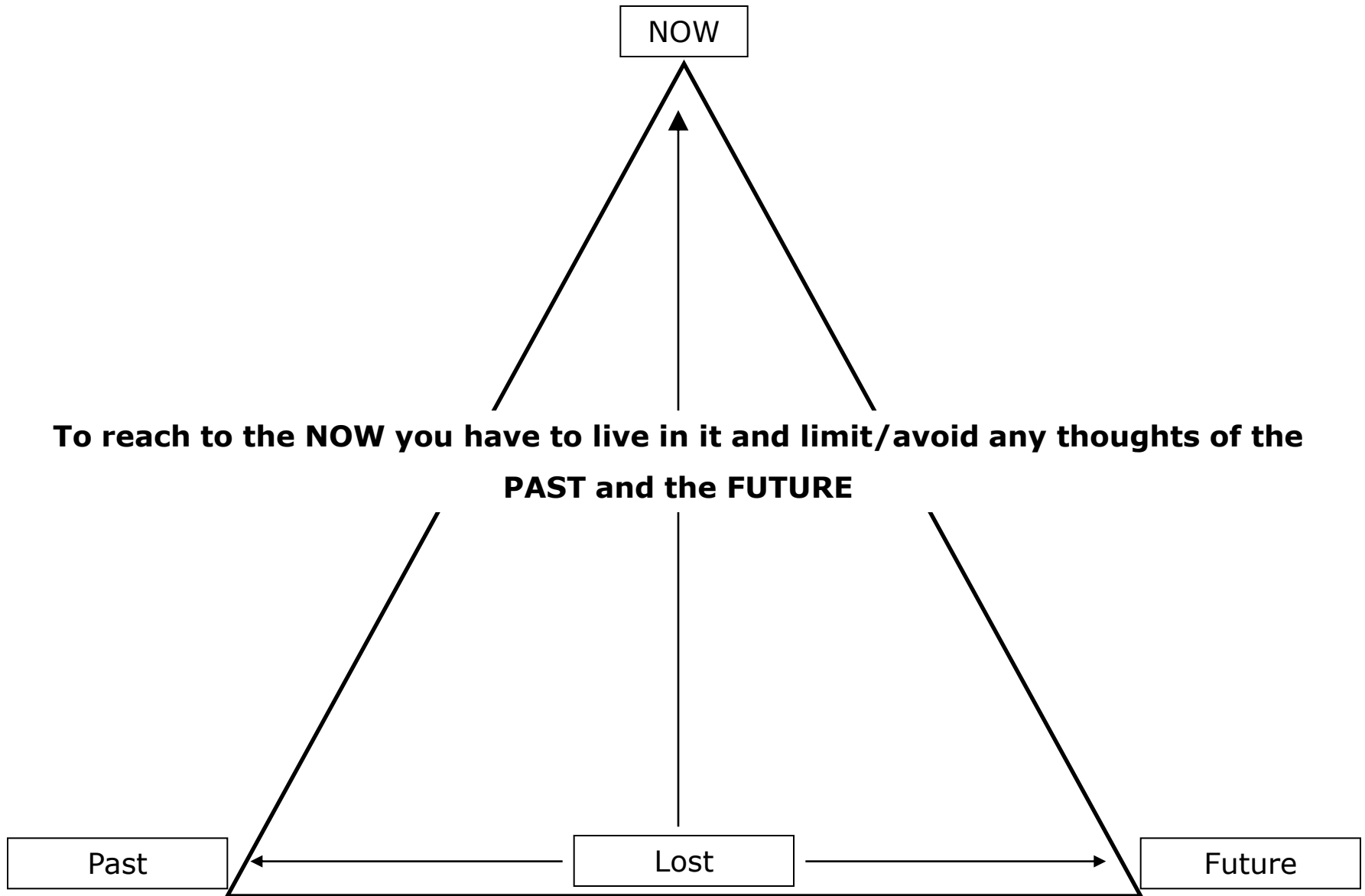
Live NOW !



Often along we reflect on how to excel ourselves both professionally and personally. It's a juggle interlaced with past experiences and future expectations. The simple mundane fact is that unless we focus ourselves on NOW and enrich ourselves with the myriads of experiences that LIVE in the NOW we will constantly be fire-fighting with the events in our lives. Really, if anything is truly real then the finest reality is that the "Best things in Life are Free to all of us": Awe, Humility, Patience, Mercy, Passion, Compassion, Kindness, Sympathy, Inspiration, Grace, Hope, Desire, love...No one can give you these and you cannot really buy them, you have to find them yourself from the "Inside-out" approach to life that only exists in the NOW. Fully Enjoy the present journey in the NOW for to arrive would always be to begin yet again! Well being and prosperity are a bi-product of our capacity to energise our Power of Living in the NOW.

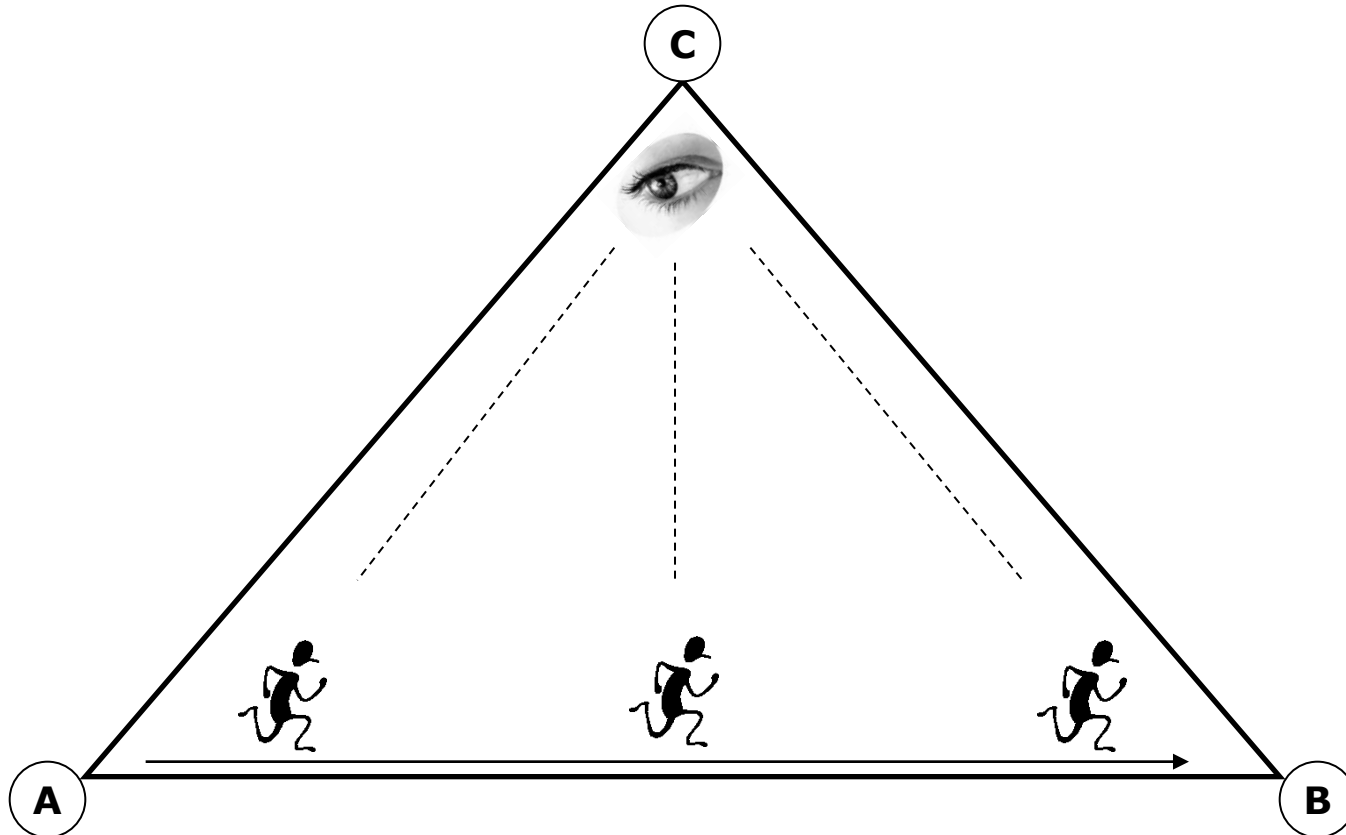
Following are two examples:

The NOW Triangle



Time and Space Perspective

From position **C** Travel from **A – B** requires that you be in the **NOW**. Hence Time and Space are immaterial. From position **C** you perceive the whole course in a fraction as time and space lose their relevance by virtue of your heightened, greater and richer experience by focusing on only the present and living in the **NOW**.



Travel from **A – B** requires that you physically live the experience in a given
Time and Space