



Module #6 of 10

*UK Extension's*  
**Universe of**  
**Possibilities™**

**TEACHING OUTLINE—EMBRACING THIS PRESENT MOMENT**

***THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication **Embracing This Present Moment**, the sixth of 10 modules in the educational series titled **UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others**. The other modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study **Embracing This Present Moment**.***

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *When part of your attention is regretting something from the past or worrying about an event in the future, how does that impact your ability to be alert, happy, and loving in the here and now? How might being keenly aware in the present moment reduce work-related accidents or enhance creativity?*
- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Present the concept of Energy Bank Accounts from the section “Call Your Spirit Back to Present Time” on Page 4. Involve the group in discussing the importance of using our energy as wisely as possible by living more fully in each moment.
- ◆ Go over the idea of “Loving What Is” (Page 4) even if circumstances aren’t the best. Present and invite discussion on “It’s All Perfect” (Page 5).
- ◆ Be sure to stress the point in “More Poise, More Freedom” (Page 6) that accepting what is doesn’t prevent us from changing what we can.
- ◆ Mention “The Spiritual Practice of Presence” (Page 6). Although this has so far been mainly a mindfulness or devotional practice, we all can benefit from consistently staying in the moment.
- ◆ You’ll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ It’s important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It’s always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.