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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

No Better Time Than The Present

By Myrtis Smith

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Through my studies, I've been introduced to the concept that the "Present is Perfect." The idea is that no matter what is going on in your life right now, this is how it is supposed to be and it is perfect. Everything that has happened in your life up until now has brought you to this moment for a reason. The past is lost; you can't do anything about things that have happened yesterday. The future is completely unknown and the only control you have over tomorrow is the action you take today.

This is a difficult concept for most to grasp. We spend so much time reliving the past and worrying about the future that we don't focus much on the present. We waste away our time dreaming of a different life. What if I had attended another college? What if I had married a different person? What if I had taken that job in another city? Or even worse we spend our lives looking forward to the future, not enjoying the here and now. Parents are a good example of this. I can't wait until the baby comes. I can't wait until he's walking. I can't wait until he's out of diapers. I can't wait until he's in school all day. I can't wait until he's driving. The next thing you know, your child is going off to college and you're wondering where did all the time go.

I recently had an opportunity to practice this idea on a week long vacation my husband and I took. Everyday, I made a conscious effort to enjoy the moment we were in. I didn't worry about the things I left behind at home and I didn't worry about what I was going to do once I got back home. We even went so far as to not plan what we were going to do day to day. We enjoyed walks along the beach, driving through a strange city, and just sitting by the pool reading. It was the most relaxing vacation I've ever had and it felt like we were gone for a very, very long time. THAT is the power of living in the present.

Here is an exercise for you to try. Periodically throughout the day, take a check of what you've been thinking about. How much time do you spend reminiscing (or regretting) about the past?

How much time do you spend planning or worrying about the future? How often do you get totally absorbed in the moment: the here and now? Begin by making an effort to keep your thoughts focused on the present because it truly is perfect.

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Myrtis Smith is the founder of Premeditated Life. At Premeditated Life we have one focus – Your Career. As a career coach I offer a variety of services designed to improve your professional skills, support you in your career goals and transitions, and empower your job search. For a FREE Career Assessment contact us at: coaching@premeditatedlife.com

<http://www.premeditatedlife.com>because life doesn't just happen!

Myrtis Smith is a personal coach and founder of Premeditated Life, a Cincinnati-based coaching company specializing in helping individuals manage life's many transitions, especially career changes. Myrtis is known for her personable style. She has an action-oriented approach to coaching that uses light-hearted humor and practical information. She has an ability to help her clients see beyond their current situations and recognize the many possibilities available to them.

Understanding Plot Time Frames

By Gary R. Hess

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When writing your story, either fiction or non, it is important to keep in mind the time frame.

Many writers, especially of mystery, are expanding the power of the pen by creating time frames which bounce from one period to the next. To do this it takes concentration, a good layout, a great sense of mind and of course an astounding imagination.

Some of the most common plot time frames are as follows:

Present =>

Present – Past – Present =>

Future – Past – Present =>

When using a non-normal time frame, ie: present – past – present, it is important to keep the tenses within your writing related to the period.

For example: when writing events that already happened, use the past tense.

Using a non-normal time frame can be confusing to readers, however when used correctly and with a great plot it can be an interesting twist to the story. Just remember, the power of the pen is only as powerful as the author's imagination.

Gary is a writer/webmaster for



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