

# Tranquility

November 2019

Be Present  
Importance of Reflection  
Creating Balance in Your Life

## **Present Day Transcendentalism**





At *Tranquility*, our goal is to assist people on their journey to enlightenment. We strive to provide you with insightful and thought provoking material that will enable you to become the best version of yourself.

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# BE PRESENT

What does that really mean?  
How do you get there?

By Deborah Quick

**M**indfulness is a word that is used a lot today. But practicing mindfulness or “being present” is not always easy to do. It’s much easier to engage with thoughts from the past and relive them over and over again.

Some people stay in that state of mind and are never able to fully appreciate the benefits of mindfulness. Others constantly worry about the future, playing different possible outcomes over and over in their thoughts and creating unneeded anxiety and preventing the individual from moving forward.

Whenever you stay in a particular

state of mind, whether in the past or future, you become suspended in that time. Therefore, you are not able to engage fully with the present moment and enjoy what that moment has to offer you. The present moment is the only time that is actually real. You can’t go back in time, so dwelling in that mind space is useless. You can’t see the future, so worrying about the “what if’s” or what you hope will happen wastes the valuable time of the present.

Focusing your mind on the present, your current surroundings, the people, the actions and events allows you to fully experience connection to the different elements within your real world, the



current world and you grow from this reality. Practicing mindfulness takes effort for most people. We are constantly told multitasking is important in today's fast paced world but it's not good for our well being. Our mind jumps around from what we have completed to what we need to do to what we are engaged with at the present moment and this can be extremely draining for our minds.

To get started with mindfulness, you will need to start slowly and not expect to be a master of it overnight or even after a week. It takes practice to teach yourself to recognize when your mind it reverting to old habits. See your thoughts as separate from yourself and let them move out of your mind. Notice

when you are ruminating in the past or circling with the what if's of the future. Each time you find that happening, stop and be still. Consciously redirect your thinking to where you are and what you are doing. Breathe and concentrate on your breathing if you have trouble letting go of habitual thoughts. Eventually this practice will become easier and will blend into your daily way of thinking and being.

Mindfulness requires us to stay focused in the present moment, consciously rejecting thoughts from the past and preventing us from dwelling on the unknown future. In this way, our mind relaxes and we are more able to enjoy our life in the present. 4



# CREATING BALANCE IN YOUR LIFE

Learn why finding your balance in life is so important.

By Deborah Quick

Most people struggle with balancing all of the different facets of their daily lives. Balance is created through a specific desire to seek it and implement changes to reach balance. Without life balance, you keep living a cycle of chaos and hoping it will end.

There are internal factors to consider as well as external factors. First, internal factors include your mind, heart and health. Your mind needs to be challenged but it also needs rest. Your heart needs to receive and give love to be fulfilled. Your optimal health requires nutritional consideration, exercise, and rest.

External factors to consider are work and career, social obligations, family, friends, fun and self-care. It becomes easy to see why we get so overwhelmed with our responsibilities and don't take enough time for ourselves, which in turn leads to our self-care being ignored or forgotten.

To find the balance you seek, you must plan and implement change. While this can be difficult because old habits are hard to break, by writing down specific ways to carve out time for external factors and paying attention to the needs of your internal self, you can make a change in your life.

Boundaries are an important part of this change. When you respect yourself enough to plan your time in advance and say "no" to some things when you do not have available time without sacrificing your internal needs, you are on your way to making your life more balanced.

Balancing your life starts with you and your desire for a different way of living each day and each week. Take small steps when you are making changes to old patterns and soon you will feel a sense of well-being and you won't miss the chaos that has disappeared from your life.

# POWER OF REFLECTION

Reflection is important for academic growth but it's also important for personal growth.

By Deborah Quick

There are several ways to carry out the process of reflection. When we learn new information such as academic knowledge or work related material, we often reflect on whether we agree or disagree with it, its relevance to us, its place in the world around us and its implications if and when we apply it. However, self-reflection is often overlooked by many but it is the most important reflection we can do.

Self reflection is probably one of the most important things we can do for self growth. It can take the form of journaling or meditation. It may be the quiet time during your hour commute to and from work. But regardless of where and how you reflect, it is a valuable tool in shaping who you are and who you wish

to become.

Introspection is not always easy. It involves examining who you are and what you believe at your core. If you can't look at yourself and admit your flaws and accept yourself as you are, then you can't grow into a better version of yourself. Self acceptance can be difficult but remember you are not judging yourself; you're just examining who you really are.

Once you reach self-acceptance, you can begin to evaluate how you respond to others and the world around you. If you become irritated with someone at work and lash out at them, you can reflect on how you felt in that situation, why you lashed out and how you can take that as a learning moment to



react differently next time. Remember, you can't control those around you. You can only control your reaction to them.

It will take time. Small steps at first. But as you practice reflection on a daily basis, you will begin to change your mindset and gain control over your

thoughts and actions. That's empowerment. Empowering yourself makes you stronger as an individual and within our strength lies the best version of ourselves.

# PRESENT DAY TRANSCENDENTALISM

What is transcendentalism and why  
it's time to rethink this philosophical  
social movement.

By Deborah Quick

Most people are familiar with Henry David Thoreau and Ralph Waldo Emerson, thought to be a bit radical in their time, but maybe these guys were on to something. In the 1830's, the transcendental movement sought to eclipse the material world and its rationality for existing. They yearned for something deeper, something connected to the universe, something spiritual. And what is more spiritual than nature?

Here we are almost two decades later and materialism and consumerism is at the forefront of American society. With our rampant appetite for more of everything, especially something with a brand name placed upon it, we are using up our natural resources and leaving a mess for future generations to clean up. We casually discard everything and buy more. We dump our trash in the environment and pay little attention to the chaos it creates.

Without nature, humanity could not exist. It is our life force; we must pro-

tect it and realize these are the resources for future generations, the only resources. The earth's animals, plants, glaciers and all other resources it provides must be protected at all costs. The earth maintains a delicate balance which must be preserved for humanity to continue.

Go out into nature and appreciate its beauty. Think of all the consumer goods derived from nature, from natural gas and oil to animals and trees. Whether you want to be or not, you are a part of this amazing planet, and as such, all of humanity has a responsibility to protect it. Thoreau lived in nature for two years, two months and two days as an experiment. Try doing it yourself for just two days, it might be life changing.

There are many present day transcendentalists, some might call them activists. These individuals believe in the idea of preserving mother earth and realize how important it is, now more than ever. This ideology might just be the change that is needed to leave a bountiful future for the generations to come.