

EMBRACING THE MOMENT

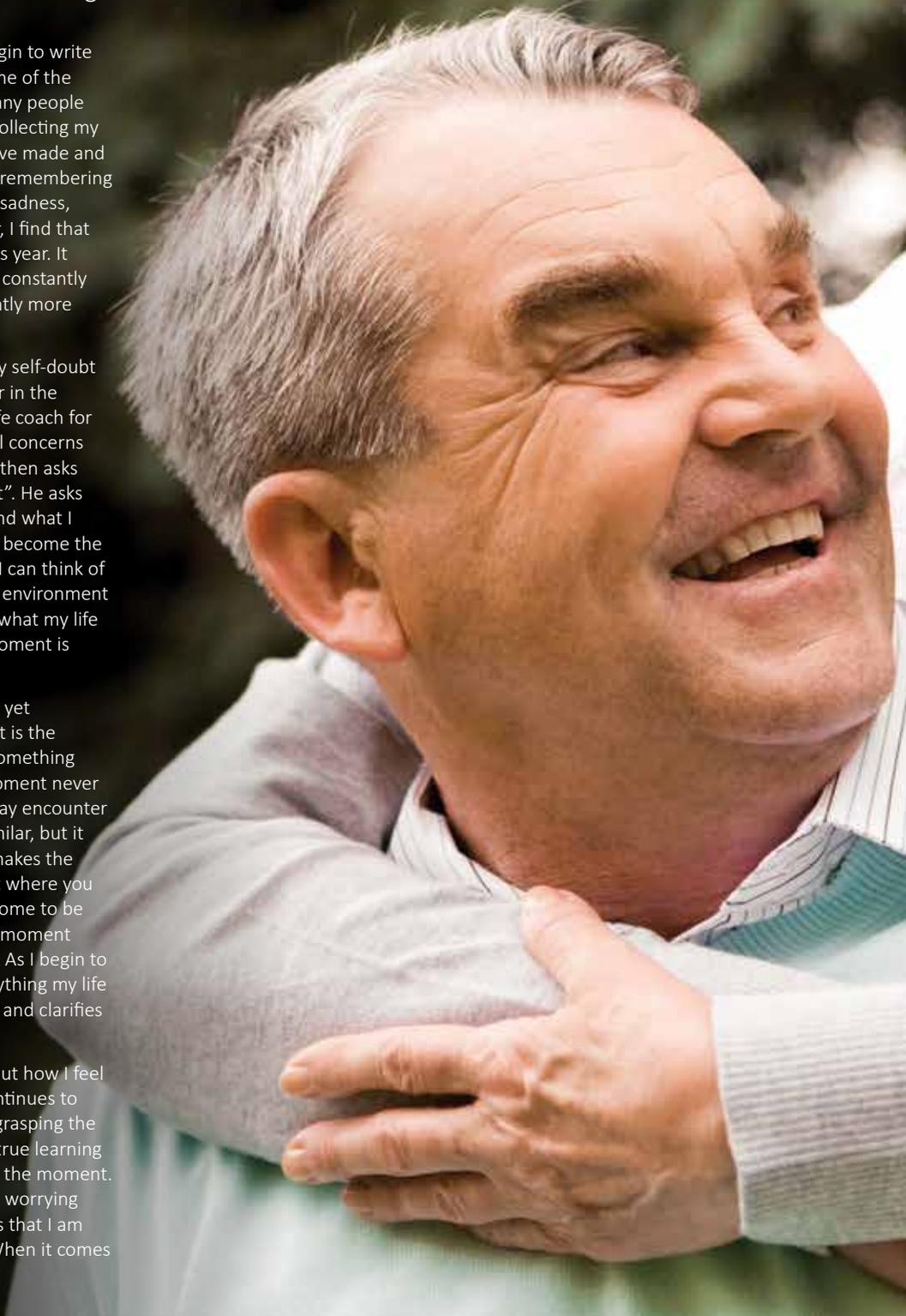
■ Helen Ng ■ Edited by Charlotte Ng

It is nearing the end of December as I begin to write this issue of the CEO Story – a special time of the year where I find myself, as I am sure many people do, looking back on the past year. I am recollecting my happiest moments, the achievements I have made and the successes I have gained, but I am also remembering the times I have experienced great stress, sadness, anger and frustration. Most of all however, I find that I am questioning if I have done enough this year. It may sound foolish but for a person who is constantly questioning her actions, I tend to feel slightly more anxious as the year comes to a close.

With these questions, thoughts and mainly self-doubt about whether I have really spent this year in the most fruitful way possible, I come to my life coach for answers. As I open up about my emotional concerns to Mr. Kico, he listens very attentively and then asks me what I understand about the “moment”. He asks me what is the meaning of the moment and what I understand from this word and suddenly I become the one that is left silent, deep in thought. All I can think of is that the moment is this second, it is the environment around me and something that I feel. But what my life coach makes me understand is that the moment is something much deeper.

As my life coach puts it to me quite simply yet powerfully, the moment is the real thing. It is the building of the roots of your life and it is something you should never take for granted. The moment never repeats itself and it never returns – you may encounter or face another moment that might be similar, but it will never be the same. And that is what makes the moment so important: it is in the moment where you create energy, where you control the outcome to be either positive or negative, but when that moment goes, there is nothing you can do about it. As I begin to really absorb these words, I find that everything my life coach says proves to make absolute sense and clarifies my mindset.

Understanding that I still have queries about how I feel as I reflect over this year, my life coach continues to tell me that you don’t learn much by just grasping the definition of the moment, but rather, the true learning comes when you are consciously aware of the moment. The fact that I feel anxious and have these worrying questions running through my head shows that I am often not aware of the moment I live in. When it comes





to truly being aware of the moment, our mind cannot just be holistic, we need to show value for everything, no matter how small or insignificant they may seem.

In order to achieve an awareness of the moment through placing recognition and value in things, my life coach taught me the simplest exercise that anyone can do. It is the conscious exercise of saying “please” and “thank you”. Now this may seem like something that is blatantly obvious and expected for you to do, but what my life coach pointed out to me was that the crucial purpose of this exercise is to learn to pay attention to what you are saying, which will in turn help you to be aware of the moment. Mr. Kico explains to me that although I am at the head of the company, I should never abuse of that power and that by saying please to my staff or anyone will create magic within yourself and others. But like my life coach always reminds me, it is not what you say but how you it. When saying please or thank you, I should really listen to myself, realise why I am saying this, look at the person who I am saying it to and really value the art and power of these words.

Mr. Kico explains to me that engaging in the recognition of these words and good manners will ultimately provide the sturdy foundations needed for the basis of my emotions. In creating this solid structure, I will be able to better control my emotions, including my temper, as it will give me the space to think before I act and thus consciously create good energy. And that’s where the inherent link between the moment and emotion lies according to Mr. Kico: since the moment becomes memories and your emotions are created by your memories, the moment is what builds your emotions.

However, my life coach reminds me that we are the ones that create each and every moment for ourselves. Everything that exists in you – from the moment of creation, maintenance and destruction – and everything that you actively do, depends on you. This means we have to take full responsibility for these moments and our actions and not blame anyone else. With that responsibility is how we create discipline within ourselves as well as respect for others. Being aware that everything comes from you and your inner self opens up doors to endless opportunities but it is no easy feat and one that I sadly still have not entirely achieved.

But that by no means suggests that I should give up. Now as I begin to finish writing this issue of the CEO story, I find myself in the new year with one clear New Year’s resolution that I am going to strive to achieve: to consciously recognise and value the reality of the moment. This will in turn regularly serve as a reminder to humbly understand that while it’s good to reflect on the past, I should not dwell on it and rather I should live in the moment. Every moment comes to go and I should use those memories from the past as tools to build the future I want. With that, I leave you with the principal philosophy that my life coach goes by: to live life, not let life live in you. ■