

SEPTEMBER 14

I always say to myself, what is the most important thing we can think about at this extraordinary moment.

—R. Buckminster Fuller

Being Present in This Moment

Have you ever noticed a tendency for your attention to be everywhere but where you actually are? You may be doing the dishes and stewing over a task you have tomorrow. Or changing the baby's diaper while fretting about something you said earlier that day. You may be talking to a friend while worrying about your trip next week. Where is your attention right now as you read this meditation? Take a moment to connect with yourself. Tomorrow will come later and yesterday already happened. This is your moment to live. How can you spend it in the way that you most enjoy? Be conscious and present as much as possible in your life, and you will feel more connection and joy in all of your activities.

Commit to being present as much as possible
in each moment of your life today.

