

e-Thoughts — You won't believe this...

December 2015 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

While writing this month's bulletin, I opened a fortune cookie that actually said "Live more in the present." Pretty crazy, right? Just as I'm writing an article about mindfulness?

So I decided "someone" must be sending me a message. After reading and writing about all the benefits of mindfulness, it seems like it's time for me to listen up.

My plan is this: Every afternoon I'm going to stop working and spend five minutes sitting in one place, concentrating on nothing but my breathing. I'll see how that goes and then increase to two times a day.

Also, I stand in lines a lot. You know: at the supermarket, at the drugstore. I'm going to try to spend those minutes being "here." Rather than fret about the line, I'm going to try to be calm, aware of my surroundings and calm. Yes, calm twice. After all, I'm not great at waiting so I think I need to mention it twice.

You probably didn't get the same fortune cookie as me. But are there signals that you could use some mindful moments in your day? If so, try it out. Hopefully, you and I can both learn to live in the "now" and enjoy the present more.