

For my “snap out of it” gadgets.

Picture this: I’m at work busy at the computer, lost in words, deadlines, and numbers, totally unaware of my surroundings. Suddenly, out of the corner of my eye I catch sight of the picture that just scrolled on my digital frame and, BAM! I’m transported to a sweet memory. Seconds later, my eyes shift back to the computer and I am once again typing, clicking, printing, etc. Ahh….but, during the time spent in between reminiscing about the picture and before continuing to work, during that time, I am entirely present – – seeing, experiencing and feeling. Once again consciously experiencing my surroundings, feeling grateful about the experiences that led to that photo, and about my life now.

Same thing happens every time my watch buzzes and reminds me to breathe (as if I wasn’t already). Do I need an app to remind me to breathe? No. Though it really does snap me out of autopilot mode.

Most of us practice mindfulness purposely at some point during the day, be it through morning prayer or during workouts like yoga, for example. That’s a good thing. However, how many of us actually purposefully do it often throughout the day?

Sure, reflecting on the past helps us learn from our mistakes and looking forward helps us plan for our future, but nothing brings to mind gratefulness like living in the moment, and vice versa. So let’s live in the breath. And take advantage of whatever “snap out of it” gadgets turn off our autopilot.

For my digital photo frame, the Breath app…and moments of awareness, today and always, I am thankful.

What are you thankful for today?

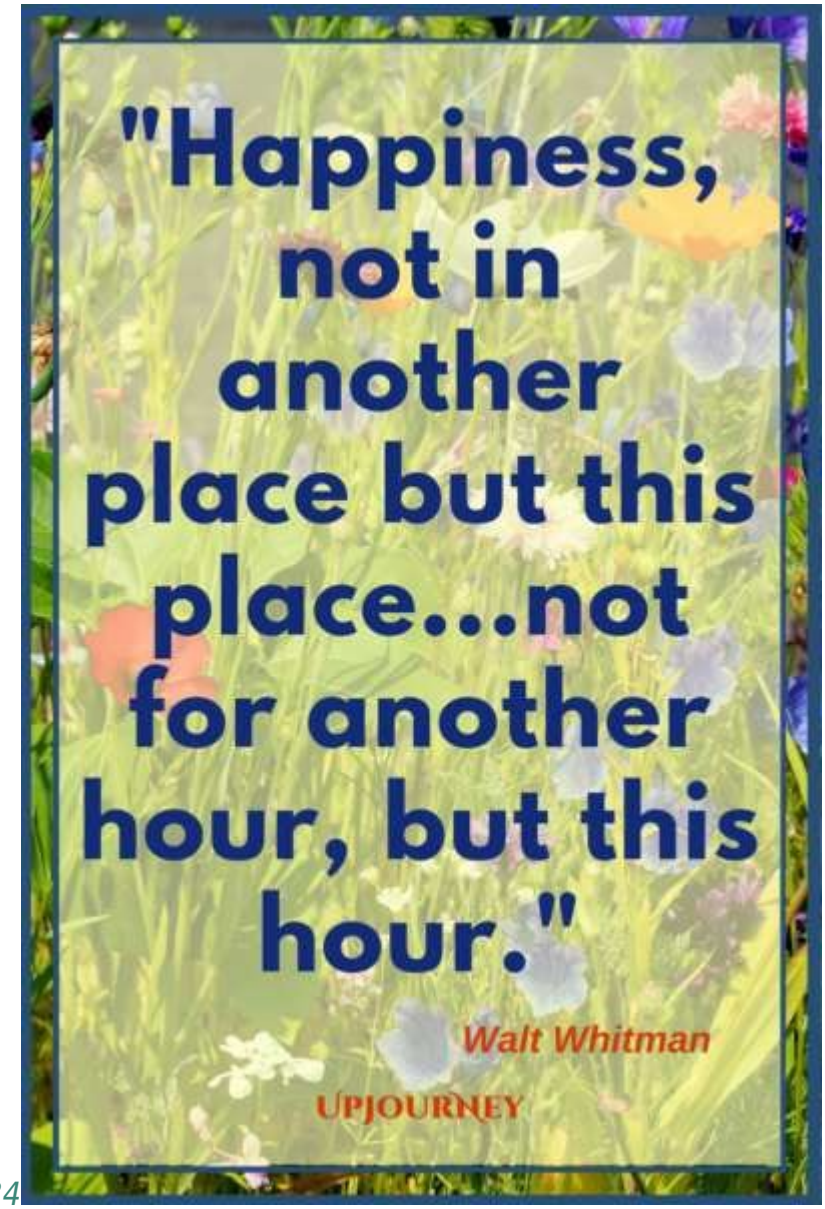
Until next Thursday’s post…si Dios quiere.

“The key to enjoying the moment is to always carry a list of ‘Things I Gotta Do That Can Wait. ‘“

-Robert Brault

“Life is a great and wondrous mystery, and the only thing we know that we have for sure is what is right here right now. Don’t miss it. “
-Leo Buscaglia

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”



-Matthew 6:34

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