

Hey, you! Focus! Where were you just now? On something that happened yesterday? An hour ago? Or were you preoccupied with tomorrow's appointment or chores? (That's where I was).

My mind sometimes is like an alphabet soup of thoughts, I tell you. And I find myself, too often, trying to make sense of yesterday or planning for tomorrow.

Nothing entirely wrong with that. After all, that's how we learn from our mistakes and how we prepare for what's ahead. But when we do it obsessively, it robs us of life. Studies show that it's a lot healthier to balance our thoughts and stay in the present moment for the majority of our time. To, as they say, savor each moment as it passes.

So, today, a friendly reminder that time flies. Let's not lose sight of the here and now, and let's be grateful for each breath.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

P.S.: Remember to help save a life today. Please help our fundraising efforts by donating at: ConniePerez/St.Jude

"Stress is caused by being 'here' but wanting to be 'there.'"
-E. Tolle

"Unease, anxiety, tension, stress, worry—all forms of fear—are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence."
-E. Tolle

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

-Matthew 6:34


Hey, you!
Focus!
SORRY
IF YOU TRIP OVER
MY WIENER
Beni Heinz Perez

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