

Here’s a photo that really says it all. One moment frozen in time, but packed with meaning.

In this picture, the man looks like he’s carrying all the invisible weight we all know too well. Plans, deadlines, responsibilities, the constant balancing act. And right beside him is a dog who’s just thrilled to be part of the moment.

People, we can get lost in the noise, or we can look up and notice the small, steady things that anchor us. It’s our choice.

So here’s to choosing presence, especially now, when the holiday rush starts creeping in. Let’s try to slow everything down for a sec and find the gratitude that’s been there the whole time.

What are you thankful for today?

Until next Thursday’s post…si Dios quiere.

“The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today.” *-Seneca*



#722

Share this:

- Share on Facebook (Opens in new window) Facebook
- Share on X (Opens in new window) X
- Share on Pinterest (Opens in new window) Pinterest
- Print (Opens in new window) Print