

The Reality of This Moment

Editor's Pick. Written by Leo Babauta.

As you sit here reading this, pause and expand your awareness beyond your computer/phone ... what is the reality of this moment?

You're reading, and there are a bunch of other tasks you want to do on your computer, yes ... but there's also your body. How does that feel? There's the area around you, perhaps some people around you. There's nature nearby.

Take a pause to become aware of the actual reality of this particular moment.

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