

Chaplain's Spot

'Living in the moment'

'Life is available only in the present moment. If you abandon the present moment you cannot live the moments of your daily life deeply' [Thich Nhat Hanh]



One of my favourite challenging verses in the Bible talks about 'making the most of every opportunity'. It's easy to become distracted by many things – I often have more than one thing 'on the go' at a time.

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, sensations, and surrounding environment, through a gentle, nurturing lens. When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment, rather than rehashing the past or imagining the future. We only need to 'be present in the now'.

Robin Williams' character in "Dead Poets Society" challenges his students to 'Seize the day'. What do you do to 'seize the day', to get the most out of your day? When someone says 'have a great day', how do you approach that day, and all its' moments, to get 'the most out of every opportunity'?

All we have is NOW. Let's see those around us, see nature around us, understand how life is affecting us, and choose to use our time wisely, with whatever life presents us. Let's live every moment with openness to whatever potential lies in that moment.



Quote of the week: "Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." [Denis Waitley]

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