



Want to Enjoy Life More? Here's How

I want to share a quote from a poem that I love from Mary Oliver. "Listen. Are you breathing just a little and calling it a life?" Let me repeat that. "Listen. Are you breathing, just a little and calling it a life?" I love this quote. We have a chalkboard on one of our doors in the house that we like to write quotes on and this one stayed up for a very long time, and I'm sure it will go back up again and I think it's a quote really worth pondering. I think you know what she means when she says are you breathing just a little and calling it a life because there's a way in which we go about our days just barely breathing, just getting through the day doing what needs to be done, all the obligations all the expectations. It really leaves us with little depth and richness. Today, I want to encourage you to take some deep breaths, really breathe all the way into your belly. I taught you the box breathing technique in a previous video.

The idea is to ground yourself. And I want you to look at your life and reflect on how it is that you may just be breathing a little today, and not taking in all the good, the true, and the beautiful that's around you every day. I know I've spoken about this before but our brain has a negativity bias and I just want to remind you of that today. We do have a negativity bias and the brain's top priorities are to keep you safe and to conserve energy. The negativity bias is the brain's way of trying to keep you safe because it believes that if you're hyper alert to dangers around you, then that will protect you. That was once very useful when there were saber toothed tigers but today, it keeps us ramped up, and it keeps us breathing really shallowly. I want to invite you today to check where your attention is right now.

Just pause and notice where your attention is. Is your attention on the negative? Is your attention caught up and worried? The brain wants to worry because it gives us a sense of doing something productive. But the truth is that worrying is not helpful. It's just not helpful and worrying is focusing on what has happened in the past or what might happen in the future. Worry is all about everywhere but the present moment.

So today, I want you to take a few moments throughout your day to take 90 seconds to breathe deeply and intentionally. In those 90 seconds, look for the good, the true, and the beautiful, because I want to assure you that the good and the true and the beautiful are always ever present. We miss it so often because we get caught up in the worry, and the anxieties, in the chaos. And I'm not suggesting that those things aren't out there. What I am suggesting is that your brain seeks them out. And so it can become what you see most often. I want to assure you that in the midst of the chaos, in the midst of the turmoil, there is always good, true, and beautiful around you. It takes your attention to find them.



You must intentionally focus your attention on these things, on the good, the true, and the beautiful. So right now, I am feeling a little scattered. I don't know where to focus first. My brain is just kind of exploding. And what that says to me is that that feeling of kind of exploding and not knowing where to focus is not a problem. It's sort of like an alarm clock to wake me up to where my attention is. And it's an invitation to me to turn my attention in a different direction. That's really it. That's the good news that it's just an alarm clock to wake you up to where your attention is. So what that means for me is that I need to take a few minutes, I need to breathe. I need to ground. I can do that in many ways that I've shared with you in some previous videos such as the box breathing where you breathe in to the count of four, you hold for the count of four, you breathe out for the count of four, you hold for the count of four, and you repeat that several times.

That's one of the ways to bring you back into this present moment. And you can go back and listen to some of my other videos for other ways. But the idea is to be aware of where your attention is right this moment. That's the message I have for you today. Where is your attention? How can you bring your attention to notice the good, the true, and the beautiful that's around you at all times. You know as I look out my window, I see these beautiful live oaks, these beautiful plants that my partner has rescued and revived. I see Pedro on the floor beside me doing really well since his surgery.

So, today just take a moment and notice where your attention is and bring it to the good, the true, and the beautiful. If you're not used to doing this, it may take you a little while to find the good, the true, and the beautiful, but I want to assure you that it's there for you today. Even in the midst of whatever chaos and turmoil, you are experiencing.