

Begin

From “*How Now - 100 ways to celebrate the present moment*”, by Raphael Cushnir

In the trance of habit and daily routine, it's easy to miss the miracle of existence that is continually unfolding. One way to reconnect to that miracle is to consciously bring new projects and activities into your life. Whether tiny or grand, every venture you begin provides a fresh invitation to savour the Now.

The Practice

Make a list of some endeavours that you'd like to begin. This list can include an array of choices, such as new friendship, an herb garden, a Pilates / yoga class, a dance class, a journal, a different style of dress, a book you've always wanted to read, or a more honest way of communicating. Your selections can also be internally oriented, such as paying more attention to what you feel or focusing on what brings you joy.

Next, scan the list for something you can begin right now. Do so, and allow yourself to bask in its birth. Then keep the list nearby and make frequent beginnings an ongoing part of your life. Refresh the list often as you grow and change.