



Be Mindful of Moments



Mark the moment whenever an experience opens you up. It might be when the beauty of nature captures your attention and lifts your heart. It might be a moment of spaciousness and peace during meditation or prayer. It could be a moment when your passion is ignited or when you relax after working and feel a sense of accomplishment. It could be as simple as the joy in watching a child at play.

Whenever a moment occurs that expands, elevates, or deepens your experience – whatever it is, for whatever reason – mark it. Tell yourself this moment is important. Allow the experience to imprint on your brain. Don't try to hold on to the experience. Simply surrender to the moment for as long as it lasts with a willingness to experience it fully.

When you mark the moment in this way, your brain creates a synapse to hold the experience. The more you mark positive moments the stronger the synapse becomes, making feelings of joy, peace, and connection more frequent, more vivid, and lasting longer.