

## **PRECIOUS TIMES IN “FOCUS LAND”**

**Every minute of the day, we are driven to distraction.**

**Television: Shopping news, crime news, despair news and the apocalypse news...**

**Streets of the city: Store window call, begger call, heat call and other calls...**

**Our eyes, our ears, our brain get dizzy by all these attractions/distractions!**

**We are experiencing on a daily basis, “out of mind experiences”...**

**When we add to the list, family obligations and work time, what is left for our “inner time” is NOTHING!**

**Pinocchio was made of wood and his caring father, by his so deep attention and love transformed him into a person.**

**We are flesh and blood and the inattention and ignorance of our own needs make us like Pinocchio before his transformation...**

**We need to remove ourselves from this distracted mind and give ourselves permission to FEEL more often about “who we are”, deeply inside of our being.**

**We need to reconnect with our hidden side, the one which cries in silence, loves unconditionally, sings in solitude and embraces the desire of being true to oneself.**

**Walk in awareness, FEEL each step in contact with the earth, in order to ground yourself.**

**Be AWARE of your breathing. It will slow down the beat of your heart, give more oxygen to your brain and expend your lungs.**

**FEEL the heat of the sun, the caress of the wind on your skin.**

**REJOICE on being alive, on having the privilege to see what you see, to hear what you hear, to smell a multitude of fragrances and to be part of the human world.**

**EXIST. LIVE IN GREATFULNESS. LOVE.**

**Dominique Leval**