When was the last time you listened to the sound of your own breathing?

We live in an incredibly busy world. The pace of life is often frantic, our minds are always busy, and we’re always doing something. So with that in mind, I’d like you just to take a moment to think, when was the last time you listened to the sound of your own breathing?

With the fast moving world and with this new fear known as the “fear of missing out” FOMO as we call it; we’re always busy with something.

When we were kids we used to think that all we need to do is pass the 10th grade then life will be sorted and relaxed but then choosing the stream then college counselling then mid sems, end sems, assignments, fests, then placements and voila now we are here in this viscous corporate rat race. We are always chasing something. Because as they say if you want to conquer fear, don’t sit home and think about it. Go out and get busy.

And what we should be doing instead? We need to gain the understanding for the present moment; by that I mean not being lost in thought, not being distracted, not being overwhelmed by difficult emotions, but instead learning how to be in the here and now, how to be mindful, how to be present. I think the present moment is so underrated. It sounds so ordinary, and yet we spend so little time in the present moment that its anything but ordinary. There was a research paper that came out of Harvard, just recently that said on average, our minds are lost in thought almost 47 percent of the time. **47 percent! That’s half of our lifetime.**

So coming back to the question: when was the last time you listened to the sound of your own breathing?

For me; Probably this weekend, when I finally got a chance to sit out on the porch and enjoy the sunshine and peace and quiet.I think sometimes it’s healthy to do nothing for a few minutes, and just focus on the moment. You appreciate the little things, like your breathing, the smell of dirt, the feel of sun on your face, and the far-off sound of cars on the street.

Of course that moment quickly passed once my neighbour turned on the stereo and started blasting out Pat Benatar’s greatest hits. But it was nice while it lasted.

**In the end I’d just like to say that:**

**We can’t change every little thing that happens to us in life, but we can change the way we experience it.**