

Distractions.

You get up fairly early in the morning on a working day, and while you are having breakfast you look outside the window and see beautiful fresh green grass, and nearly bare trees whose leaves are still falling down; red, yellow, and green. It's a beautiful refreshing feeling. And you can listen to the chirping birds, which are flying here and there, looking for food for themselves and their families. It's a beautiful morning indeed. But you do know that you have to go to work soon, and will leave this beautiful day behind.

However, while you're having breakfast, you can as well listen to the vehicles on the road, and there are people talking in the far. And there are other noises too, some of which you don't even recognise that what they in fact are, but you can still hear them. You can hear to them all.

Alternatively, you might want to listen to the chirping birds, and to the beautiful breeze going through the falling leaves. Yet however you switch the television on, to watch some

programme, while you are having your breakfast. And you look at the notifications on your personal smartphone, while you're having your breakfast, and the TV is still on, and the birds are still chirping as they look for food for themselves and their families.

Of course, there is always some important communication on your smartphone with your colleagues, friends or family, which you have to attend to, but at the moment you are having your breakfast. So you don't focus your attention to the taste of the food you're having, or to the chirping beautiful birds outside, as you know you have to get to the work in time. And there are ten other things on your mind, as you are having your breakfast. Do you have the luxury to enjoy the subtle specific tastes of the food you are having?

Yet, while browsing through the television channels, you switch to the news, where a young attractive brunette, dressed nicely with a hint of decent cleavage, is speaking boastfully about a bus incident, in which more than 40 people have died. They were all going to work, together, to

earn a living for themselves and their families. And you breathe in and out, this time a little deeper and slower, as they were hit by a random terrorist's plot.

Hell of a chaos, thousands of miles away, and you are saddened by the news, taking a deep breath, while you are still having your breakfast. What goes on behind your mind which you don't even realise is: So what? It is what it is! And you think how is this incident any different from a hunter shooting down dozens of beautiful birds with a couple of "fun shots". And yet you are having your breakfast, and there are people talking, other noises in the background, fuss on the television, and the notifications on smartphone, all trying to seek your attention, consuming your creativity, every drop of your energy and each measure of your time, in nothing but distractions, throwing you way off from where you actually need to be, and who you really are.