

When it's

If I try to put everything in this box that's my mind, I will end up putting myself in it too. I need to be outside of this box to put memories in it.

The only thing that is real is right now.
No two moments are alike.

When I think about being present I end up trying to make sense of things which is exactly what takes me out of the moment. I try to connect them to my past or future, but doing this leaves little space for the present.

Living in the moment is something I've always been told to do. But how do I do it? It sounds so easy but never really feels that way.