

When am I?

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.

Living in the moment is something I've always been told to do. But how do I do it? It sounds like I should just sit there and wait for the moment to come, but that's not what I want.

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.