

Blog Posting

How do you start your day off? On the surface, many people begin their mornings with a cup of coffee, a hot or cold breakfast, texting, sex, cleaning, smoking, drinking, exercising, praying, meditating, working, etc.

Now, can you admit to yourself that you feel good about what you do every morning or don't don't every morning? Or have you become so pattern-like to the above inclinations where you don't feel anything at all? Do you awake angry on more days than you do happy? Its one thing to me angry with the ways of the world, politics, gas prices, an entity, or with whatever and whomever, but when this anger lingers from the pits of your heart or consciousness then we need to work on one's self and help one another.

With the notation here, I would just like to introduce a measure of sensitivity and conscientiousness into our lifestyles. By doing so, we might see how even the small matters carry much significance in our everyday walk. In whatever direction we are walking towards or trying to walk away from but can't because of the small and big things that are in our way....just know that there is a way out that doesn't reflect the way in.

So please, blog and tell me about your mornings and how it effect or affect your day(s). And also, feel free to express what you like and we'll go from there.