



“Do you get it?”

WHAT IF or WHAT IS

Do you know someone who lives in “what if?”. Most of us do. Some of us surround ourselves with those people. I think all of us go there on occasion. A lot of people don't even realize that is where they are living.

The 'what ifs?' are innumerable. Worrying about all the possibilities of what might happen can cause someone to miss out on life and the joy of what is going on around them. It is a much better idea to live in 'what is'. There is only one 'what is'.

How can one stay sane dealing with all the possibilities that crop up? If you focus on the now, live in the moment, there is only one thing that needs to be addressed.