

# Marist Minute

3 October 2023

There is a story that speaks of a way of living in which actions go one way and the heart another, because there is no time for them to meet. It goes like this... An explorer ventured into the inhospitable terrain of a foreign land with only his guides to accompany him. Their aim was to keep going at any cost. If a river appeared, they would cross it in the shortest time possible. If there was a hill, they quickened their pace so as not to waste a minute. But suddenly the guides stopped. The explorer was surprised. They had only been walking for a few hours. He asked them: "Why have you stopped? Are you already tired after just a few hours walking?" Then one of the guides looked at him and said: "No, we are not tired. It's just that we have been moving very quickly so we have left our soul behind. Now we have to wait for it to catch up with us again."

"In today's rush, we all think too much — seek too much — want too much — and forget about the joy of just being." (Eckhart Tolle). We can often find ourselves racing to achieve more and move faster. Constantly looking ahead to the next goal, milestone, and deadline. In doing so, we may miss the beauty and potential inherent in each passing moment. Being present is about truly appreciating each moment.



## Journal Questions:

*When was the last time you stopped to let your soul catch up?*

*Take a moment to stop and be present in this moment.*

