Caught Up in the Moment

by Carl Brown

Take a moment
Of your time
The hardest thing
Take a breath
Take this moment
Stop everything else
Just notice
Stop reading
Look
Listen
Feel
What happens to time
What happens to time When you stop and
• •
When you stop and
When you stop and Just pay attention
When you stop and Just pay attention Time slows down
When you stop and Just pay attention Time slows down So notice
When you stop and Just pay attention Time slows down So notice Right now
When you stop and Just pay attention Time slows down So notice Right now This now
When you stop and Just pay attention Time slows down So notice Right now This now And know
When you stop and Just pay attention Time slows down So notice Right now This now And know You can