

Today

"Today, if you hear his voice..." - Hebrews 3:7

Today is the day to enter God's rest.

A successful businessman from New York was vacationing with his family at a coastal resort in Mexico. While he was relaxing on the beach, he noticed a local fisherman coming ashore with his meagre catch. He hailed the fisherman.

"Did you catch much?"

"Enough for today," the fisherman said.

"And what will you do now?" the businessman asked.

"I will take a nap for the afternoon," the fisherman replied, smiling. "Then I will wake up, have dinner with Maria and my children, and maybe go dancing this evening."

"You're not very ambitious," the businessman said. "You should work harder."

"First of all, you should get up earlier, and fish further into the evening," the businessman continued. "And then you would catch many more fish, much more than 'Enough for today.'"

"Why would I want to do that?" asked the fisherman.

"Well," continued the businessman. "You could sell the extra fish, and with the money, buy a second boat, hire a crew, and then in the same day, catch twice as much! Eventually, you could own a whole fleet of fishing boats, set up your headquarters in New York, where I come from, and manage a global enterprise."

"Finally," said the businessman, triumphantly, "In 30 years, you could retire. You would have saved enough to buy a place in a nice resort town - like this one. Then you could fish just for the day, take a nap in the afternoon, wake up, have dinner with Maria and your children, and maybe go dancing this evening."

“I see,” said the fisherman, smiling. And he did¹.

To focus on the important things in life, you have to focus on the important things. There is a time for building, planning, and education. And there is a time for appreciating the moment. The time for appreciating the moment is now. Every moment. Along with whatever else you are doing.

The hardest thing is to be mindful. And it is the easiest thing. Mindfulness is simply being mindful in the moment. Notice what is happening. Right now.

This year is full of uncertainty. To make things worse, think about how terrible things will be tomorrow. Imagine some time in the distant future when things will improve. Hold your breath. Wait for 2020 to pass. Things will be better in 2021.

Maybe. Maybe not.

To make things better, *enjoy the first day of September*. Today. Right now. This moment. And then the moment after. And the moment after that.

The way to be mindful is to be mindful.

And then you will be as wise as the fisherman.

Shalom,

Carl

¹ Adapted from Danah Zohar and Ian Marshall (2000), *Spiritual Intelligence: The Ultimate Intelligence*, London: Bloomsbury