

Today

By Carl Brown

Today one of my clients told me that the pandemic has taught her to live in the present moment. She used to live simultaneously in the past and the future, celebrating (or recovering from) past events and planning for the next soiree. Now everything is here and now, in the house, in front of the screen. For variety she goes to the living room or the kitchen. Yesterday she made French onion soup.

My life it seems is the same. Here and now. All day in front of the screen, talking to clients. After awhile I forget that the screen is there and I am in their living room, having a cup of tea while we chat. And then the visit ends, I blink, and I am magically transported back to my study at home. I'm stiff from so much sitting. I stand, painfully, look at my watch, and realize that I have time for a walk before my next visit...

I have the most amazing winter boots. I love winter because I can wear my boots and walk, barefoot in the snow. The sun was so brilliant I wished for sunglasses, and I squinted my eyes against the glare. As I walked down the road I took in the trees and the creeks and the rabbit tracks. Such a beautiful place.

Yes there's a pandemic and it's a scary world out there. But look around you. Look up close. Look at where you are, right now. It is still a beautiful world.