



Reconnect

With today's technology, we hardly would sit still. Switching media from tv, youtube, podcast, instant messaging occupied our mind. If these start to be boring, we turn to "doing" - housekeeping, shopping, meeting friends. When was the last time you sat and did nothing? Hardly....

Find yourself a quiet place with no distraction. Listen to the surrounding sound. Whether it's the rustle of wind, children playing from afar, people exercising, pause to appreciate the moment. Notice and take note on what you discovered.

Find a quiet place and have a seat. Breathe. Notice what surrounds you. What did you see, smell or hear? How it make you feel?

