



Tom's Message Board



Take a minute

Happy New Year! During the final minute countdown to the New Year, and that profound stroke of the clock, much of what we have worked on, toiled over, and accomplished (or didn't) is tallied up and put to rest. Within that same profound stroke of the clock, we hit a magical reset button; setting new goals and resolutions to simply start all over again; but in reality, it's just a new day. I'm fascinated.

So just how powerful can a minute be!

For 2012 I'm contemplating the minute; or more accurately... the concept of in the minute and how it manifests in our work, play, relationships, and overall quality of life. During any given minute, consider just how much information comes our way by way of social media, the Internet, email, texting, tweets, and more. It's constant, it's instant, and it's challenging to manage. Aside from the learning curve, time commitment, and revolving door technology, we have less time to relax and relish when under the constant dump of both incoming and outgoing information. Individually, many of these hits are only a minute, but with so many it can really pile up. As an aside, ever wonder what all these invisible electronic communications streams might look like, zooming and swirling in the air all around us? I do, but maybe that's TMI.

So what's the opportunity flip side? The wonder and riches of history, science, spirituality, knowledge, medicine, exploration, and relationships that otherwise might remain inaccessible are at our fingertips, literally... in a minute, if not instantly. Our daughter Abby couldn't make it home for Thanksgiving this year but that didn't stop the entire family from saying "hi" to her face-to-face from the dinner table using the "Face Time" feature on my iPhone! Would I give that up? Not for anything. Consider the enhancement to the otherwise brutal lives of our fighting troops by being able to virtually visit with their families. So to the marvels of medical advances and the seamless ability to share that knowledge on our smartphones. The wonders of the world are never more than a click away. We have the capacity to understand our inner selves more completely due to sharing of collective energy! It's the Wild West, the industrial revolution, the space age, the nuclear age, and the renaissance combined together on steroids.

So...back to the minute. For me, balance is the end game. As I reset my New Year button, I resolve to honor every minute and do my best to remain in the minute. Life moves quickly, more so than ever, but in a minutes time, think of what each of us can do... stop and pause, take few deep breathes, walk around the block, daydream, check in with a friend, family member or co-worker, schedule a date night, call and "Face Time" with your kid. The possibilities of what to do for a minute, in the minute, are endless.

That's a wrap! I think I'll take a minute napahhhhh.... refreshed!

Happy New Year!

Tom