

How to live in the moment

Post by “Don” of October 27, 2021 at 8:35 PM

[Quote from JJElbert](#)

Whereas for some people an energetic and wandering mind bears fruits that are pleasing, rather than irritating?

See, I thought her point was to have an energetic mind. To notice novelty, e.g., riding in a car and looking out the window at all the changing vistas and new sites to see.

Or did you get another take?