

How to Embrace Intentional Optimism and Stop Living in Fear, Anger and Blame

Will the world be here tomorrow? Will you and I be here tomorrow? To be honest, I just don't know. But one day soon, and in but the blink of the cosmic eye, the sun will rise and both you and I will be gone. That is an absolute certainty. Therefore, the most logical attitude to take in our short lives is to give thanks, to dance and to celebrate this moment of existence that the cosmos has very generously granted us. For this moment in time is all any of us have.