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'List consciousness is a state of mind that is entirely future-oriented. With a subtle but constant quality of rushing, it operates on the premise that life will happen once everything is crossed off The List.... When you are in list consciousness, you are leaning into the future and completely missing the present. Practicing presence punctures the fantasy that somehow life will begin when the kids' soccer season is over or when I lose ten pounds or even when I take that meditation course and learn how to be more present! Practicing presence is bringing ourselves to the recognition that life is happening right *now*—and it is inviting us to wake up and notice.'

NUGGET

—ABBY SEIXAS, IN *FINDING THE DEEP RIVER WITHIN* (JOSSEY-BASS)