

Live Life in Technicolor! Not Shades of Gray.



—Cherry Blossom Allée, Central Park, Central Park Conservancy

Being “busy” for the sake of busy-ness is living in a gray world. Being addicted to your phone is living in a gray world. It doesn’t matter if you live in 5 or 50 shades of gray, it’s all gray. **How you greet life is what you’ll get out of it.**

A lot of advice focuses on “living in the present,” “living in the now.” If you’re shackled to the pre-recorded tapes looping in your brain, there is no now. There is no present.

Instead, get out of your head. **Get out of your phone!** Stop “killing time” by sinking into sameness—sinking into the easy, but heavy, gravitational pull of boredom. Go overboard exercising your interest, curiosity and wonder about “what’s out there.”

Revel in the impossible magic of life itself. Start today. Take any of your daily routines—brushing your teeth, walking the dog, getting your kids ready for school, taking a shower, making dinner—and treat it as if it never happened before and it will never happen again. Make it a habit to transform banal into blazingly beautiful.

And I’ve got a [brilliant movement from an orchestral work of Ravel’s](#) to help you feel the spectacular, unending gush of life. It’s only 6½ minutes, and yet it can fill your blood, your bones, your breath and your brain with an all-conquering delight in life.

[Maurice Ravel, *Rapsodie espagnole, IV. Feria*, Leopold Stokowski, London Symphony Orchestra.](#)

There's a snarky old quip among musicians that the best Spanish music is French. They're not wrong: Think Bizet's *Carmen*, Debussy's *Ibéria*, Ravel's *Bolero*. These works are lush, fiery, seductive, dangerous, filled with secrets, surprises and an overwhelming power that can awaken all your senses.

You owe it to yourself to invest that much aliveness in your every waking moment.

Okay, okay! Almost no one actually accomplishes that. But that's how you create an extra-ordinary life for yourself. And living in your extra-ordinary attitude toward life is what feeds you, fills you, and generates the electric star-power, the magnetic charisma and the wise gravitas of presence.

Listen to this movement. *Feria* means a fair—a community's day of celebration with all the trimmings. It is not an ordinary day. It is extra-ordinary. And it enlivens all your senses far beyond how you usually employ them. Feel this music in your Being. Get out of gray and let your senses of taste, touch, sight, smell and hearing live in technicolor. That's learning to be present. That's learning to be extraordinary. That's learning to be happy.