

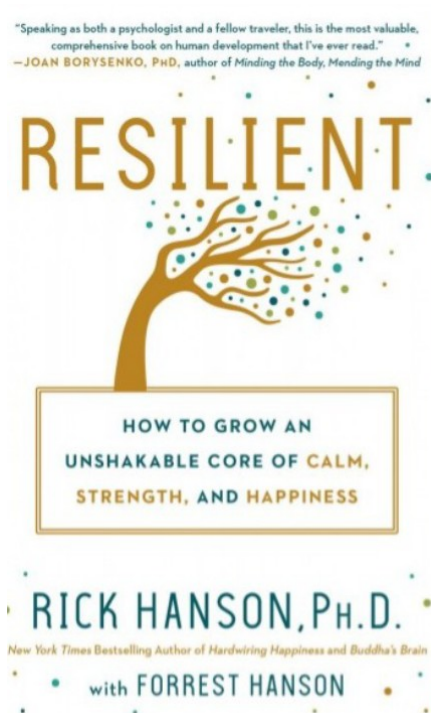
Dear Friends,

So how do you enjoy each day to the maximum? No one really knows but I would say it involves at least some time being present in the moment. In particular being in that state when your mind and body are in complete synchrony, acting synergistically together and all of your focus is on the moment.

I have reflected on when this happens, it tends to be when you're completely immersed in a task. The tasks could be from totally different disciplines such as if you are skiing or working on a computer. Dancing is a good way to trigger this, partner dancing when it occurs effortlessly or a large dance event when the beat drops and crowd contagion sets in.

It doesn't really matter what gets you in that present state of mind, yoga, scuba diving or playing an instrument but if you are aware of that state of immersion it can help you select what activity to do that day. If you want to learn more about flow state, please [check out this book I've previously summarised](#).

YouTube Video of the Month



This video really has a lot of content that can be useful for any of us. It is also nicely edited, [click here for my full written summary](#). Thinking about improving your day here are five ways to enrich an experience:

1. Lengthen it. Deliberately stay with it for a bit longer even five, ten, or more seconds.
2. Intensify it. Open to it and let it be big in your mind. Turn up the “volume” as it were by breathing more fully or getting a little excited.
3. Expand it. Notice other elements of the experience.
4. Freshen it. Look for what’s interesting or different about an experience, imagine that you are having it for the very first time.
5. Value it. Be aware of why the experience is important to you as we learn from what is personally relevant.

Remember the main person you can influence is yourself, so be kind to yourself!

Tweet of the Month



We all love technology when it works, but when it doesn't work, we all look silly.

Website of the Month

<https://crul.github.io/rDalle2OrRNotDalle2/>

This is so cool lets you try to decide if an image is made by a human or artificial intelligence (AI). To be honest I am guessing wrong most of the time. Next month my website of the month is likely going to be where you can make these AI images yourself (spoiler alert). If you would like to know this sooner, why not forward this newsletter to your friends by [clicking here](#) and let me know you have done that by replying and I will let you know.

Now for some artwork I made:



Hope that you have a great month,

Chris



CHRIS WEATHERBURN

Get the most out of your life!





Chris Weatherburn

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