

Today is a feeling. Same with Moment, same with Yesterday, Tomorrow, Last Week, Next Week, and Everyday. I'm pretty sure everything else (i.e. month, year, life) is a work of imagination as opposed to a feeling. Months and years and lifes can credit their existence to logic only.

Today once I started making my breakfast it wasn't Today. Once the egg hit the pan and started to sizzle I entered the Everyday. This is a temporal state I only recently started tuning into.

I wasn't tuned into the Everyday before because it bored me. Being a being focused on Tomorrow and Next Week and, when I am a poor broken fool, Yesterday, I would watch youtube or play a video game to escape the Moment and the Everyday. These virtual experiences can create their own Everyday, but I think the over-reliance on just two (out of our many many other) senses weakens the potential power of their reiteration.

Being mindful of as many of my senses as they exist in my present space—in other words, living in the Moment—is not the same as tuning into the Everyday. Instead, living in the Moment while performing reiterated tasks can tune me into the Everyday.

When it's Today, my tasks for Next Week don't really exist, or, at the very least, they are in the back of my mind and don't take priority over the tasks of Today. In the same way, in the Everyday, the tasks of Today don't really exist. It's a timespace whose tasks are connected not only to the Moment, but also the hundreds, thousands of Moments in other Todays where I performed those same tasks.

We all know the certain feeling of Today beginning, when I wake and take my first blinks. It is the same as it was Yesterday but it is Today instead. The Today isn't felt until after this beginning feeling—once I start getting ready for that day. Despite the titanic difference between Today and Yesterday, that certain beginning feeling is usually the same every day, it is Everyday.

In the same way, entering the Everyday has its own certain beginning feeling. Just like when I enter the Today and adjust my everything to that beginning, when I enter the Everyday I adjust into the ritual that is responsible for the Everyday's existence in the first place. There is a certain beginning feeling to starting a task which I have started many times before. It is like waking up.

Right now as I imagine that certain beginning feeling like waking up—the feeling of entering Today—I am not entering Today, because I am only imagining it. In imagining it, the certain beginning feeling of Today is briefly, lightly coming to my mind.

In the same way that Today and Yesterday and Tomorrow can briefly lightly come to mind during a Moment, so can Everyday. When I remember that I have work Tomorrow, that Moment is briefly-lightly interrupted by Tomorrow. Now imagine ([or watch here](#)) the intro to the george lopez show. I grew up watching this show with my brother at the beginning of many of our Todays because nick@nite ended at six in the morning and we'd get up around five thirty for school. For me, it is distantly connected to that certain beginning feeling of Today. You may have your own nostalgic, years-old morning ritual—the george lopez show is mine. But if you

can imagine yours for this Moment it may help you understand the Everyday and how it can brieflylightly interrupt your Today. When I listen to lowrider by war, I don't enter the Everyday created by that years-old morning ritual, instead, the Everyday brieflylightly interrupts the Moment. To me being struck by nostalgia is the interrupting feeling of a distant Everyday. It is not a yearning, not a desperate cling. It is my body attempting to adjust to that certain beginning feeling of an Everyday which I did not enter Today, Yesterday...nor far, far beyond Last Week.

So as we know I can live in the/a/ Moment. I probably live in Today or Tomorrow on most days. Sometimes I'm a poor broken fool living in Yesterday. At my worst I live a week ahead or behind. It is possible to live in all of these places, these feelings. It is possible to tune into the Everyday, but what would it mean to *live* in it? To *live* in the space which connects you to the Moments and the Todays and Tomorrows and Yesterdays and Last and Next Weeks of your life? I believe it might be the way to transform your life from an imagined uncertain span of existing to a feeling of its own. A Life?