

Untitled Document

“Well,’ said Pooh, ‘what I like best,’ and then he had to stop and think. Because although eating honey

Before Alan Alexander Milne wrote ‘Winnie-the-Pooh,’ the pooh-word had one kind of meaning and

Life coach Martha Becks writes that, as a teenager, she never felt she had enough time to do even

So, imagine her panic when she yet again lost a watch, this time on a road trip. She was shocked

Every time she saw this screen the following thought would pop into her mind: Not chronos, but kai

According to author Sarah Breathnach, chronos is time at her worst. “Chronos is clocks, deadlines

Kairos, on the other hand, is time at her best. “Kairos is transcendence, infinity, reverence, joy, pa

Sarah writes that we exist in chronos, but we long for kairos. That’s our duality. We do in chronos,

Eckhart Tolle says that what we see as important is not time but the one point that is out of time: th

“Forget about your life situation and pay attention to your life,” he writes. “Your life situation exists in tim

“What day is it?”

“It’s today,” squeaked Piglet.

“My favourite day,” said Pooh.

Do you remember feeling the way Pooh does about a day? It all has to do with being present in wh

This is a place where things are going reasonably well; well enough so that we're content to sort o

They want to plan fun for the future and cannot remember how to fall down the rabbit hole of sudd

Next time you burst into laughter, next time you catch a scent of jasmine on the evening breeze, ne

"You must have been warned against letting the golden hours slip by," writes James Matthew Barrie; "b

After all, it's much like Pooh said: "Don't underestimate the value of doing nothing, of just going along,