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up means that we are aware of the many horrific things that are happening in the world, but we're also aware of all of the beautiful things. Waking up means that we have to take responsibility for our lives and start moving toward our purpose.

Waking Up to Live Fully and Passionately

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Don't wait until the end to wake up to
your life. Roll down the windows, get off
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Be present to the gift of your life in this
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McLeod: 'The deepest level of obsession is
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self, generated as a reaction to non-referential space, lies at the core of every habituated pattern. A self is felt to be a permanent, independent unit. The feeling of permanence manifests in life as a feeling of dullness, of not being quite present.

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