

Go!

Intention:

"I am hungry. I wan't to grill a salmon. Oh wait, I have to defrost it. *10 minutes*. I have to boil hot water for morning tea and coffee, and don't forget the ravioli!"

Sit and wait in front of the microwave every once in a while, and maybe watch until the lid of the pot sweats. We all want quick and easy gratification.

