In our body we have 206 bones covered by 2 meters of skin but...the sensations! Does anyone know how many sensations we have? Society molds us as it wishes; it is creating mediocre people in a fantastic world.

Our society is one where it is normal to be just another in the crowd, to go walking without direction, to do things according to what is fashionable - not according to what we love.

It's a society where couples cheat and lie frequently, where your outfit matters more than your personality, and where the amount of friends you have in your social networks is more important than the friends that will be there when you need their help.

In a perilous world, where so many innocent people are in danger, where so many more children suffer than we know, because their suffering remains veiled from our sight...

In a society with so much corruption, where presidents look only to satisfy their own needs and not the needs of the common people... the rich get richer and the poor get poorer with every passing day.

Society has taken an extreme turn, and it will continue to change. But through these changes, only our body will be transformed, because our soul will forever remain the same.

The sensations depend on you. You can experience the infinite spectrum of sensation or just let them pass you by. When you learn to enjoy the simple things in life - drinking a coffee in the morning, listening to the sounds of nature, watching the rain fall from your window, looking for shapes in the clouds with your mom, going to the park to watch the children play and remembering how you used to do the same – when you acknowledge and embrace all things that fill the soul, then you will possibly understand that you can't change all the world, but you can change your own world, and you can always make it better.

*Love your life...*