

BE PRESENT

By Mags Miller '90

To be honest, I love multi-tasking. I think I'm pretty good at it too. But what you forget when you are multi-tasking is that you are never in one moment completely – you are trying to make one moment into three moments or five moments so that each task only gets a 3rd or a 5th of your attention.

In my job, being able to do numerous things at one time is expected and necessary. I get high off the adrenaline of “accomplishment”. I am rewarded for being able to problem solve, anticipate challenges, changes to schedules, etc... In preproduction I find myself thinking about the future a lot...and thinking of “what ifs” constantly. My favorite part of production though, is when I'm in the field with a crew and there is no more time to plan ahead – it's time to fly by the seat of your pants. There is just the here and now. It's very exhilarating – and the only thing you can be sure of is that nothing will go according to your beautifully laid plans created in a bubble of the past. You are forced to be in the moment.

In the past year alone I have worked with prostitutes, obese people, ranchers who have Chupacabras living on their ranch and the Marines of the 2nd MEB in Afghanistan. Talk about a variety of characters. Each person I interview deserves the same attention and respect that I gave the last one. They deserve my presence, both professionally and personally. It is in these moments that I feel most alive and engaged. And it is why I know that being able to stand in the moment is a gift.

When I look back on the experiences that shaped my life, CRMS stands out as possibly the most important time of my life. Sure I've had amazing experiences and done lots of whacky things that left an imprint on my soul. But CRMS didn't just leave an imprint – it became part of my soul. The lessons that I learned while I was there as a student and as a staff member live with me, and help guide me through life. I learned that I was smarter than I thought I was, I learned that being weak wasn't a weakness, I learned to be honest with myself which was my hardest and most important lesson...and I learned to be present. I learned to stand up and be counted. I always had a need to try and make the world a better place, my family taught me that one – but it was CRMS who helped me figure out what that meant for me and empowered me to go after it.

I could go on and on, but I think that what I want to say is the following: Be present – find your heart – sit in the quiet of your soul – trust yourself and follow your passion wherever it may lead you! I promise that it will make the journey more fun and rewarding!