

Mindfulness Corner: Instructions of a Fly

I was in a Zoom meeting recently and was being buzz bombed by crazy flies. I think there were only two but they were noisy and furious in their repeated attempts to transport themselves through the glass windows. Over and over again they blew past my face and smashed into the window. Maybe they were wearing their personal airbags inflated as the repeated collisions did not slow them down.

Later on came the points of reflection and 'instruction':

Repeating the same tactic will likely have the same results – only perhaps with an added concussion.

Just because you cannot 'see' something does not always make it 'not so'.

More force or striving does not always go 'faster or farther'.

Seeing where you want to get to does not always reveal the way to get there.

Relying on one sense only can be limiting (eyesight over body sensation).

Seeing is believing – not always so.

Believing is seeing – also not always so.

Nothing is always so – maybe.

Warmly,

Shelley & Becky

