

April 6/20

Reflections on Mindfulness

“Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).” James Baraz

How human it is of us all that when we encounter something that we like (our favourite ice cream, a vacation) we want time to stand still, to stay ‘just like this’, to not diminish or end. Vacations come and go, and the first few tastes of our favourite ice cream are the greatest as our taste buds are fresh.

And, how human of us all that when we encounter something that we ‘hate’ (fill in the blank) we wish that we could blast forward, through it to the end, the ‘other side’ (and hopefully to the up side, the bliss again).

Mindfulness is a ‘posture’, an attitude of curious attention, simply noticing ‘what is here, right now’ and how we experience it (like/don’t like). In light of our present and global experience with Covid19 and the importance (and mandate) of physical distancing, the complete disruption of our ‘normal’ lives and daily routines, there is much that we can notice: “I like/don’t like this right now!”

Notice when Mind is not here in the present tense, right here and now, and gently guide Mind back to the present and to what is happening ‘right now’. Smile at your humanness when you observe, “I like this – want this to stay.”, and, “I hate this – wish I could speed through this.” Nothing stays ‘as is’ or the same – everything is in a state of change, of shift. Nature and the weather demonstrate this to us.

A mantra, or repeating comment/gesture, can help to return Mind’s attention back to being present with ‘what is here, what is happening, in this moment’. One example of this is, “This too shall come to pass.” This can be accompanied with hand over heart, maybe imagined as a sweet, kindly whispered, reminder or assurance. Nothing stays ‘as is’!

We are all in this experience of Covid19 together – both personally and some of us, in our respective roles at work! As humans, we do not like uncertainty and the feeling of groundlessness. This Covid19 virus “situation” is time limited – it will peak, stabilize, and diminish.

Warmly,

Shelley & Becky

A Poem, "Let It Go"

"Let go of the ways you thought life would unfold, the holding of plans or dreams or expectations – Let it all go.

Save your strength to swim with the tide.

The choice to fight what is here before you now will only result in struggle, fear, and desperate attempts to flee from the very energy you long for.

Let go. Let it all go and flow with the grace that washes through your days whether you received it gently or with all your quills raised to defend against invaders.

Take this on faith; the mind may never find the explanations that it seeks, but you will move forward nonetheless.

Let go, and the wave's crest will carry you to unknown shores, beyond your wildest dreams or destinations.

Let it all go and find the place of rest and peace, and certain transformation."

Danna Faulds