



## Mindfulness Corner: Finding Comfort

The other day I was gathering up “dust elephants” (actually mostly dog hair based). While on my hands and knees, swiffering underneath the furniture, I noticed the pure and simple pleasure of the usual, this often repeated activity. I know well where the biggest elephants are to be found and how I can most easily collect them up. This activity felt so “normal”, so known, so comfortable and so assuring. The larger situation with the Covid19 and my own experience of it was absent, ‘forgotten about’ in this simple, meditative activity. And I felt grateful and joyful for the break space.

There are other places where I find comfort – on the yoga mat where I am “just here”, breathing and flowing, and noticing my present experience, right here and now. Holding a bit of humour and wonder as “balance” is sometimes rock solid and sometimes does not join me on the yoga mat. “Just here, just now, just this”.

Outside, feeling the earth beneath my feet, smelling the winds and listening to Mother Nature’s symphony announcing the coming of Spring, once again, just like always! Outside is a place where I lose time, and my Mind quiets, settles, takes a nap. When my camera is with me, when I am tending the gardens, time stands still and peace finds me.

Look for the places where you feel very much ‘in the moment’, where all feels normal and usual and well. When ‘in this moment’ Mind is fully engaged in the present – not jumping out into the future (where worry, fear and anxiety loom).

Watch little ones or dogs and cats, birds – they live fully and completely in the moment, in the present! What calls you to this place, this experience? What has done so for you in the past? Can you experiment with this again, even during this time of physical distancing? Is there favourite music that you used to often listen to and sing with – memories of times past, a road trip maybe, camping?

Find your comfort in whatever is available to you and allow yourself to ‘rest here in this, just for now’.

Warmly,

Shelley & Becky

