



Not Faulty, Just Human

I should have said more. I should have said less. My floors are too dirty, I should spend more time making the house clean for my family. I should spend less time cleaning and more time being with my family. I'm sick of being at home. I love being at home. We should save more money. We should enjoy ourselves. Second guessing and doubt can be common companions. We can, at times get caught in being painfully worried about whether or not we will "do the right thing", or whether we "did the right thing". It's exhausting. It's constricting. When second guessing and doubt are present, we might feel tightness in the clenched jaw. The whirling twirling of the mind. The knotted tummy.

In reality, we make so many (actually all) of our decisions (big and small) blind to the outcomes. I love this little video by "The School of Life":

[https://www.bing.com/videos/search?q=https%3a%2f%2fwww.youtube.com%2fwatch%3fv%3dwFUxiljp-Nk&view=detail&mid=2218B48856EEAEC3A7622218B48856EEAEC3A762&FORM=VIRE\)](https://www.bing.com/videos/search?q=https%3a%2f%2fwww.youtube.com%2fwatch%3fv%3dwFUxiljp-Nk&view=detail&mid=2218B48856EEAEC3A7622218B48856EEAEC3A762&FORM=VIRE)

Mistakes are human. We're steering blind in all of our big moves, we start a relationship, make a commitment, take a new job, send an email...all without really know how it will work out. Sometimes we need a longer view (maybe in reflecting back) in order to see the unfolding of the path of our life's journey. An ended relationship or job may be a stepping stone to the next and better fit for us, one that will support us on our continuing journey of life.

We make mistakes. We all do, that's part of being human. It is inevitable and expected. Imperfection is human.

We can choose loving kindness for all of it. We can choose to love and accept what is. We can choose to notice when we're in the toilet swirl of demanding perfection and we can

unapologetically cut ourselves some slack. Let ourselves off the hook. Let go of the old story. We can remind ourselves that we are enough, just as we are. We can breathe into our belly (<https://www.breathinspiredyoga.com/guided-meditations>), softening into the tension and the constriction in the body. We can allow ourselves to relax with each mindful breath. We can breathe in and out repeating over and over: "Not faulty. Just human."

Becky & Shelley

### **Clearing**

Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself  
to this world  
so worth of rescue.

--Martha Postlethwaite