

Being Here

If you can sit quietly after difficult news,
If in financial downturns you remain perfectly calm,
If you can see your neighbours travel to fantastic places without a twinge of jealousy,
If you can happily eat whatever is put on your plate,
If you can fall asleep after a day of running around without a drink or a pill,
If you can always find contentment just where you are ...
You are probably – A Dog!
Jack Kornfield

It is early morning and the sun just starting to rise. Amidst this present coronavirus situation, somehow it amazes me that the sun goes about doing what she does – and this feels assuring and wonderful to me. Such a simple pleasure, such an extraordinary taste of ‘normal’.

There is a heavy dew and the air is full of lovely sweet smells as the birds are gently flying above. Ants have been incredibly busy – working a long night shift – and I see their hills everywhere along the side of the road – wet and dark looking bits of soil piled so perfectly like a volcano around their entranceways. They must be slumbering now as I see nobody.

Mind, like a soft breeze, reminds me of all that I do not know: how much longer?, what will new look like?, what lies ahead for me and mine?, what must it be like for people in long-term care homes to be more isolated, with caring touch diminished? And, I feel my feet on the moist earth and my nose drinks in the incredible beauty of the moment. I hear the calls of different birds and my view slides down a gentle slope, now gazing through my dog’s eyes – so deliciously present, savouring all there is, here and now.

I linger with a sense of ease and embrace to all that I know right here and now – that is okay, in this moment. I feel dog’s appreciation for my allowing space and pace – for him to fully be here, in full delight, and appreciating it all. I open into the wonder of no time, full presence. Filled with a humbling gratitude and fullness of heart, I slowly, with some reluctance, make my way back into the house.

Right here, right now, I can beeeeeee – so much to appreciate and open to receiving and experiencing. Yes, there is pretty much everything about the future that I know nothing about. It will unfold in its own time.

Warmly,
Shelley & Becky

The Sun
Have you ever seen
anything
in your life
more wonderful

than the way the sun,
every evening,
relaxed and easy,
floats toward the horizon
and into the clouds or the hills,

or the ruffled sea,
and is gone—
and how it slides again
out of the blackness,
every morning on the other side of the world,
like a red flower

streaming upwards on its heavenly oils,
say, on a morning in early summer,
at its perfect imperial distance--
and have you ever felt for anything
such wild love—
do you think there is anywhere, in any language,
a word billowing enough
for the pleasure

that fills you,
as the sun
reaches out,
as it warms you

as you stand there,
empty-handed—
or have you too
turned from this world--

or have you too
gone crazy
for power,
for things?
Mary Oliver