

Plain View: What *IS* Here, Now?

"There are only two days in the year that nothing can be done.

One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live." – Dalai Lama



Years ago I took a drawing course. The instructor was an accomplished artist *and* a member of the Faculty of Art at university. She taught this course from left-brain, sequentially, teaching us how to simply study, observe and “*to see clearly what IS here, now*”. Seeing with plain view, became sharpened and focused through exacting observation. We studied structure and lines, depth of field and perspective, light and shadow. Courses in photography further honed my study of “plain view”.

Having become steeped into a mindfulness practice that just keeps unfolding and deepening has extended “plain view” into the realm of base awareness of Mind, Body and Mood (think “Weather Check-In”). I have a loose and evolving map of sensing and viewing “*what IS here, now*”; my aspiration is to be as purely and simply present, with what *IS* here, now, in plain objective view, as is possible.

Indicators that I am caught (in ‘drama story’) and not present and connected:

Body clenching, tight especially in jaw, throat, chest, gut; sense of pressure on or in my head

Breath (absent) or tight and constricted

Not connected with physical body, not present from the inside, via body sensations

Not in the present tense, ‘where life is’

Mind is on overdrive - caught in ‘drama stories’ (crazy, tangled beliefs, inferences, distorted ‘evidence’, projections into the future, and ruminations of the past)

Footsteps Returning ‘Home’:

What am I believing? What am I telling myself? Is this “true”, proven? Is this “old junky drama story”?

Weather Check-In - Checking in with physical body – what sensations am I feeling right here, now? What is the ‘weather’ of the Heart, of the Mind, of the Body?

What is the feeling tone, quality of my breath right now? Can I ‘land’ to just be here with my breath “*as it is*” presently – and, simply and gently explore easing in to a more relaxed breathing experience?

I know that returning back to breath, in to my physical body, reconnecting to sensations of my feet on the floor, on the ground, the earth, and to the physical sensations in my body *IS* my road back home (being present and alive). And, gentle movement (stretching, yoga, rocking, swaying, walking) all help me to fully be present in my physical body and in the present moment.

Thank you, Body, thank you, Breath, thank you Mind (for your patience) and thank you Heart (for your kindness).

Warmly,

Shelley & Becky

