

Let's Be Clear: No Magic Fix

We have no magic fix to make everything feel better! If you have read some of our posts and thought, "Wow, easy for her/them, must be nice!", or, "What simple drive!" this is okay. Know that sometimes I too have thoughts like these as I swiftly skim through my inbox feeds of talks, articles, practices. Sometimes my irritation and judgement inclines me to press the delete button very quickly! There is room for all possible points of view.

"What's your biggest challenge, Shelley?" Without a doubt, when my Mind runs away at breakneck speed, out into the future and back into the past, with dire predictions and declarations about all kinds of things. The more frantically she runs, the more she runs, and the more topics she leaves her muddy paw prints on. It seems as if Mind grows larger moment by moment and I grow smaller, more gripped by a sense of overwhelm, of feeling stuck and confused. Yuck!

"Okay, we'll give you one for honesty and personal vulnerability! Here's the big question, so what is your antidote when Mind runs amuck?" This is the essence of the big question, isn't it?! For me personally, it is most accessible when I spend time outside in Nature, especially when I am muddy, even if wet and cold. There is something about getting lost in time and in the moment of transplanting, weeding, pulling carrots, seed harvesting, anything of the kind that simply engages me in "right here, right now, in this moment, in this task I am in the midst of". This would not be the location or the activity that would be the most accessible antidote to all – but it is mine. I recently was out with my dog and together we found the teeniest garter snake that I'd ever seen – smaller than a slender worm – and there he was dead on the road, tiny tail squashed. We gazed together at this sad sight and I imagined we offered a shared blessing to this tiny and young fellow. I have helped a number of sleepy and dozy big Honeybees out of footfall's way and this simple act of kindness makes me feel warm and loving. In the last couple of lawn mowings I have seen Praying Mantises in peril of the mower and been able to bend down, pick them up and cast them aside (even though I am uneasy picking them up). This too feels kindly and caring. It could be raindrops on the underside of a leaf on the grass, or a particular rock that catches my eye, or the colour of the trees and grasses lighting up as if glowing from within, and I feel my breath being held in and full as I drink in the magnificent beauty.

Somewhere in the midst,

of this deep presence and personal engagement,

I notice that Mind has gone offline and "let go",

Mind has relaxed with ease,

and my whole body feels softer and more spacious,

filled with deep gratitude and release.

Ahhhhhhhhh, this is simply wonderful – Thank You!

For others it might be getting lost in a free flowing expressive dance to some beautiful music, or in painting or singing, or writing poetry, or gazing at a fire, or at the starry night skies, or remembering a glimpse of a dear loved one (new and fresh or older and tender in vulnerability) and simply seeing clearly all that is here, right in this moment. Whatever it has been in the past or might be now, I say do it with all of your heart and soul – try it on and see what happens! Be curious, be open, be willing to be amazed. Be willing to have your experience fall flat! So what?! Try again or try something different! Just keep searching for something that offers “better”. Better is certainly, Better – even if just for now!

We wish you curiosity, exploration, and a try-full attitude, in your search for better and a quietened Mind!!!

Warm regards,

Shelley & Becky

