

Mind In A Tizzy?!!!!



I have recently been feeling a growing sense of personal vulnerability and “wobbliness” and I have been studying what supports this sensation, “this drama story”, and, I have been observing and noting what is in my personal practice repertoire in response. I have discerned some very important things:

My Mind has a twitchy, hair trigger activation. To be honest, it’s been so for a while, especially during covid. She has an inclination to run everywhere, like a headless chicken, yelling, squawking, telling very catchy drama stories, projecting into the future the worst case (based upon no existing evidence). “She” (my Mind) takes off, in all directions quite instantly, with jet engine speed. The more she runs around, the faster she runs around, and the more things/subjects she starts sticking on to and projecting even more silly stories about! Sometimes it is so silly it is rather funny; other times I feel caught by the throat. I wonder how many can sometimes relate to my experience?! In seeing her inclination to instant activation of “a tizzy”, I have begun to view Mind, from a soft and gentle, loving lens, with compassion and appreciation. The “frizzy-tizzy”, super twitchy-ness of Mind is just the very nature of human Mind, nothing exaggerated or unique about mine. The more I allow for (as in do not interrupt with mindful noticing), the stronger and faster and more intense the next activation becomes!!!!!! (Ew!) Mind has no intention, positive or chaotic. She scampers off dutifully with equal exuberance to a “junky question” (What is wrong with me?) as to a “quality question” (What are some small and immediate things I can do for ‘the better’?)

And, gosh, don’t I know that “Better is BETTER! – sometimes a wee bit better is the difference between “over the top”/”outside of my Window of Tolerance” – to being at *my* present max, and inside my “Window of Tolerance”. When feeling “at max”, I try to generate a big handful (think crazy 8s as a little child, with small hands) of what could I do, what could I try, what else, what else, what else? – with a headstrong focus on Better!!!!!! , even a little bit!

Warmly,

Shelley & Becky