



Hmmmmmm – Does This Resonate?

I was searching for some mindfulness quotes recently and saw this stamp across some quotes. Focused on my task, I ignored this (like brushing aside a mosquito) – but there it was, on different quotes and readings. I looked quizzically at a few locations where FAKE was stamped. The quote had some resonance of ‘truth’ in it for me. Then it occurred to me: someone who had come across this quote was simply stamping their experience of “FAKE, no truth here, ... BS”.

I have also observed reactive, hostile and judgmental comments beneath some mindfulness talks/videos that I’ve watched lately. “Hmmmmmmm”, I thought, “ is this a comment of not true for/with me, maybe even a, must be nice!” (to have your privilege, your easy life)

Hmmm, I too have become quicker to sort (not finish, or delete before opening) articles and meditations that come into my inbox. And, in the ‘neverending covid’, I have become more put off by ‘the sales pitch’, the commercialization and inequity.

I reflected inwards that sometimes I did not finish the talk or article as something in it felt “off” to me – maybe my judgement of “not real enough”, or “not as real/raw as others’ experiences/lives” – I am not sure just what.

And I wonder ....

If something clanks for me is it possible to simply note, “clanking, not fitting or resonating with me at this time”? No judgment, just not connecting with this.

Hmmmmmmmmmmmmmmmmm...

Warm Regards,

Shelley & Becky

