

Reflections on Gratefulness

“Day and night gifts keep pelting down on us. If we were aware of this, gratefulness would overwhelm us. But we go through life in a daze. A power failure makes us aware of what a gift electricity is; a sprained ankle lets us appreciate walking as a gift, a sleepless night, sleep. How much we are missing in life by noticing gifts only when we are suddenly deprived of them.” Brother David Steindl-Rast

Inner dialogue:

“This is hard! I feel ‘undone’, groundless, queasy, ... afraid.”

(Heart’s response, “Hmmm.”)

“How much longer? – What if ..., many what ifs?”

(Heart’s response, - pause and sigh, “Hmmm – it’s so hard to ‘not know’.”)

The above is a variation of a dramatic movie we are all living in – no speeding ahead, no peeking to ‘the ending’.

And, at the same time, as if a lovely musical backdrop, holding it all together, consider the following ...

Spring is right on time as always. Robins, Sandhill Cranes, Peepers, big Bumblebees, greenery already starting to burst forth! The beginning anew, again, as happens every single year – a lovely “normal”.

Daylight is lengthening at both ends, so quickly and dramatically – easily experienced.

The sun is gifting greater warmth on our faces, even when accompanied with a cool or cold wind.

Outside is calling us to come out, to walk about, to see, hear, smell, feel all of it – to simply open into this breath, this moment, right here, to just Beee for one sweet moment in time.

The telephone, and all of the computer technology and cell phone advances are so amazing!!!! We can speak with and see each other from our own homes – whether loved ones are near or far! Even though the usage of band width is immense, the system is holding us all, and I am amazed and filled with wonder and gratefulness.

Imagine for one moment – days before the telephone was invented – information, social and heart connections dependent on being physically together. (I can feel my breath constricting.)

And, imagine being at the beginning of a long harsh winter – maybe an old fashioned one with -40 temperatures and lots of snow! Imagine the waning of daylight and that sense of what we are entering into, and then this – worldwide disruption of ‘normal life’ with fears of virus!

Inner Dialogue Continued: “Holy Crackers! Ohhh, it could be so much harder, heavier.”

(Heart’s response: “Yesssss, so much to be grateful for, even in this.”)

“Yes, but, how much longer?”

(Heart’s response: “Don’t know – won’t know until it’s here, until we know. It’s okay, right now.”)

<https://www.youtube.com/watch?v=3Zl9puhwiyw> (Brother David Steindl-Rast, A Good Day. Gift yourself five minutes.)

Warmly,

Shelley & Becky