



### Mindfulness Corner: This Crazy Kayak!

(Read this knowing I have never been in a kayak, and that I do prefer my “land legs”, and to be near water, or close to shore. Oh, and that I do prefer to view life from a ‘rich compost pile lens’ – fertile ground for reflections, deepening awareness and practice, practice, practice!)

“Where did this kayak come from? It’s so skinny and tippy!!! Wheeeeeee – Wow! I am flying in space, free!” . . . . .

“How did I get upside down? How the heck do I do that roll back to right side up? I don’t even know how to kayak? Where AM I? What is going on – enough already!!!” . . . . .

“Please, tell me this is one bad nightmare – how can I get out, where is the door back to regular, normal life? May I take a ‘pass’ on this set of growing, learning opportunities – this is simply too hard! Man, what a ‘Pollyanna’ I must be (have been) to appreciate thorns, muck/mire and growth!”

Do you recognize this topsy-turvy bizarre reality show that we are all in/on? “Okay, I’ve got this, I can do this, just here, just now, just this: OMG, What the???, That’s it, I’m done – this feeling of unglued IS True, dump this drama story garbage – I cannot stand this stupid stuck covid scene any longer – I want it done. When will .....? Well, when will we know .....? We will know when we know – we don’t know much of anything about the future – only what is here and now, in this present moment!”

I am not sure that I know much of anything right now. My present office has two windows to outside (cool) and my bulletin board is my sewing machine and is covered with coloured stickies as I try to remember, organize and remain grounded. Sometimes it is crazy funny (a crazed laughter funny) and other times it is a grimaced funny and sometimes simply NOT!

And, just when I think, “oh, this is opening, shifting, will be feeling easier, more spacious, freer” ..... a new wave of “this is not easier, freer” washes in – quick and shifting tides of comings, goings, searchings for hope for easier, ‘normal’ (even if it is a ‘new normal’), for when we will know more (you know those questions that do not go away).

When I “come home, take my seat, land here and now” – and soften, settle into the present (all that is here – what I ‘like’ and ‘dislike’ equally allowed to be here), and ... I turn inwards to my heartspace area and quietly say to myself,

“I don’t know the answers to my/our pesky questions, right now – because there are no answers right now. All I know is I don’t know – not known yet – not here yet – won’t be known until it is here, manifesting and known.” . . . . And I quietly ask, “How does this knowing (of not knowing) feel Body?” And, from this place, I can feel the freedom, the wide open space, of ‘Not Knowing ‘cuz it’s just not known yet’. Body allowing chair and gravity to hold me, shoulders, neck and jaw letting go, softening, Mind being momentarily quiet, settled. A pause space to let go, to settle, to allow, to breathe.

I picture myself in kayak in quiet/calm waters, feeling ease, ..... until blip/whoosh ..... and I’m gone again, upside down wondering what the heck just happened!

My raw, exposed experience of “This! – eww” is crazy, uncertain, wild, bewildering, sometimes exhilarating and “just like this!” My personal practice is “Coming home to this present moment, to what is and is not known at present, to asking inwards, “what might I explore, try to support myself in Being here, home, in this moment – just this, just now?”

Thank goodness for when I know I don’t know, ‘cuz it’s not here/known yet!

Warmly,

Shelley & Becky

## **Allow**

*By Danna Faulds*

There is no controlling life.  
Try corralling a lightning bolt,  
containing a tornado. Dam a  
stream and it will create a new  
channel. Resist, and the tide  
will sweep you off your feet.

Allow, and grace will carry  
you to higher ground. The only  
safety lies in letting it all in –  
the wild and the weak; fear,  
fantasies, failures and success.  
When loss rips off the doors of  
the heart, or sadness veils your  
vision with despair, practice  
becomes simply bearing the truth.  
In the choice to let go of your  
known way of being, the whole  
world is revealed to your new eyes.