

Impermanence: This Too .....

Lytton, BC, broke record high temperatures three days in a row and then burned down. Lytton is in a landscape where people and animals know extremes, especially of heat and dry – and this was above and beyond!

A mudslide in Japan poured through a town creating a river of mud and debris. I watched the short video of a Japanese woman's arm and voice as she tried to digest what she was witnessing (while she stood on a balcony and pointed).

The condo collapse in Florida and in an instant – gone – peoples' lives, dreams, investments, all belongings.

And the rest of us, watch as if in the bleachers, and feel the energies of groundlessness, uncertainty and vulnerability.

And I feel the energies of these events, mixed with other energies in my basket, and I come home to my lily pad. I feel the inflow of sadness and surprise and suddenness of change, of endings. I bring my hands to my heartspace and breathe, and let this simply move in and through my body. I feel my own gratitude for the rain we are receiving and the support it offers to animals and plants and trees. Simply, I feel my desire that it could all be easier, more balanced, different than so much is, right here and now.

And, I listen as some quiet questions present themselves to me – If this were to be your last day, what would matter most? Would the annoyances of both wanting “more of this” and “less or none of that” matter at all?

Hmmm, it all comes to being in my life, in my body, in the here and now. I wish to show up and be present in this day, in this body and in this season – for all of the lovely elements – the beauty and perfumes and all of the contrasting elements too – mosquitos in their comeback and even for reminders of the impermanence of all that is here, now.



Warm regards,

Shelley & Becky