



### Simple Joys, Simple Presence

It is hard right now. This is the second March Break in Covid and this year it is not even in March – thanks Covid! At least last year there was naïve optimism that March Break would be three weeks long and then, we'd be good to go! Then at the end of 2020, we had distinct hopes for 2021 being a better year. Presently vaccines are advancing and, the covid numbers are too.

With a sigh, I remind myself that all that can possibly be known is based on what is here, in the present. And Mind starts to chirp, "Yeah but, what about, what if, when ....." (You know.)

Thank Goodness for Spring, for Nature, for life in Northern(er) Ontario! She is perfectly "normal" in her arrival and events. The sound of an owl, perched in a huge old Oak tree up the field and hill took my breath away when I stepped outside in the early dark morning. Earlier in the week I looked up to see an orange sherbet soft sliver of Lady Moon, hanging just above the horizon. I had never seen Lady Moon looking like this. And immediately thereafter my ears tuned in and recognized my first calls of Spring Peepers. "Two for One", I thought. Such heartening, beautiful and simple pleasures.

Last Saturday I did outside housework: making room for new growth of tall grasses to emerge. I filled my wheelbarrow several times, happily tidying up. I found a flower – a tiny Viola, already beaming her presence. I was happily tired, a bit sore and dirty. I could feel my body relaxing, letting go of held tightness. My shoulders lowered and opened, my jaw and face muscles let go and my breath found more space to be free.

So, I look forward to the inevitables of the seasons – crazy hungry biting bugs (and itches), watching the quickly growing bouncing lambs, the unknown of how hot, how dry the weather will be. I check the tiny seedlings starting to sprout and smell that lovely moist earth smell found bigtime in greenhouses. I am grateful that even the seconds of daylight is in perfect timing – and thank goodness it does not waver! And right now, in this moment, with Mother Nature in perfect timing, and with what I know right here and now – I can sigh out a big breath and say, "Thank you."

Namaste & Warm Regards,

Shelley & Becky

