

## Simple, And Not Easy: The Paradox Of Practice

“Just breathe, be here, now”, “as soon as you notice Mind has wandered (or raced) off again (!) simply gently, with kindly and curious attention invite it back to this moment, to this next inbreath and start again”. Sounds simple enough, right? And don’t we humans just assume, expect, that this “simple practice will be “Easy” – I’ve got this!!! (and we anticipate things will quickly ease and flow).

Ahhhh, how human! Simple does not equal or equate or indicate Easy! The very nature of practice is repetitive, over and over and over again. We accomplished our developmental milestones from infancy to childhood (sitting, standing, walking, language, bicycles, skates, music, dance, drawing) with many attempts, approximations, seeming accidental or magical ‘successes’ and then even more ‘misses’ – until, some capacity, some fluency and ease with each task.

People who have a fluency in language, are “one” with a musical instrument or sport know all about practice, repetitive practice. Body may remember “riding a bicycle”- and, “the memory” of how to ride comes back out dusty and a bit rusty, after years of not cycling. And, somehow we anticipate a fluent remembering of coordination, balance, oneness and muscle strength and coordination; first time out can be a rude reminder of the passage of time, all that has been left unused, unexpressed. While the fluency and elements might well return fully, it will again take repetitive practice, work, determination and desire.

Simple, yes? ... Maybe. Easy? No – the very nature of repetitive practice is not easy. Establishing a fluent habit of practice can support “easy-er”; and life (shift work, baby, covid, ...) calls us out to play, to be imaginative, resourceful, flexible, amused.

It matters not that we ‘lose’ our practice – what does matter is the little question, “What can I do today to pick it back up, even if a shortened version?” An attitude of lightness, creativity, and allowing for it to be just ‘as it is’, here and now can support getting back to it (no judgement necessary).

Warm regards,

Shelley & Becky

