



Connect to abundance.

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Abundance: Points of View

The above is a cute little image and depending on where you “sit”, it may be easy to experience the upside, the smile, the appreciation of all senses being present and engaged. You might remember a beautiful location where you sat by waterfalls and felt the beauty and spacious presence. Mind might take a break and rest. You might be activated to wish to escape somewhere idyllic, where

And from another “seat” the view and experience might be wildly different. You might notice Mind chewing on about climate change and future events. You might notice grumbling about too much water, too much rain and mosquitos. Or negative predictions about upcoming weather and rain as your vacation is upcoming.

Inclining the Mind is a practice of attention, of focus, on a chosen point of view or perspective. Human Mind has a default setting of inclining towards the negative and of spending much time looking back in time and projecting into the future. Somehow the dots join into a perfectly composed and evidential and rational “Drama Story”. Interestingly, other life forms – predators and prey mammals for example, live fully in the present and in their respective roles. In life threatening circumstances all respond with urgency: flee (landslide, fire) or hunker (looking for shelter in an incoming storm) or fight when this is the only option available. Trees and plants that cannot move are acted upon. Some creatures (swallows and fish) collect and move as one, in unison, for greatest possible protection.

How can we change our default setting? With mindful, daily practices and rituals – such as practices of gratitude (upon waking, rising to our own feet, getting ourselves to the bathroom, ...), saying a grace before eating (of coming to simple presence and reflecting on where the food comes from, all involved in it arriving here), starting a simple gratitude journal to scribble down a few things we experience in the day. It does not have to be all bliss and perfect (as if, but we wish it so) – if we have warning via online of pending storm or accident on highway, or see an ambulance – we can be grateful for the alerting, for first responders, for living in a location where the infrastructure is as good as is.

It is not perfect and “Pollyanna”. Sometimes it offers us ease, balance and buoyance and we feel ‘graced’. At other times, our point of view tanks to default (not always with our mindful noticing) and everything feels less than abundant (in the positive). Practicing in the lighter times, with simpler, and daily rituals strengthens the new default setting. It is exactly like doing bicep curls. And, when we hit the washboard of life we have more of a base of support. Simple – yes, repetitive – yes, easy – no. It can be grown to be easier. And--sometimes we ‘forget’ to maintain our new default with the practices and rituals, and (you know). It’s all okay – we are human!

Warm regards,

Shelley & Becky

