

Thoughts and Smiles – Monday, May 31, 2021

The Shock

There are so many ways to feel dissatisfied
So many different needs to meet
So many goals to keep striving toward
So many problems to try to fix
So much of the past you wish you could
change
So many fears about the future.

No wonder you feel overwhelmed
Like a traveler carrying too many bags
With too many paths to choose from
Who has to keep stopping to rest
Until he can't go on, and collapses.

How could you ever be happy?
Life's too demanding and complicated.

But then – the shock of an illness or an
Accident.
Death creeps behind you and swipes you hard
Across your back
Awakening you from your stupor.
Suddenly the fog dissolves
And you can see the narrow ledge you're
Walking
- The one you've always been walking –
Between life and death.

And now it's all so simple and makes perfect sense –
Life is temporary and fragile, precious beyond measure,
And life contains nothing except this present moment
This beautiful bright river of experience.

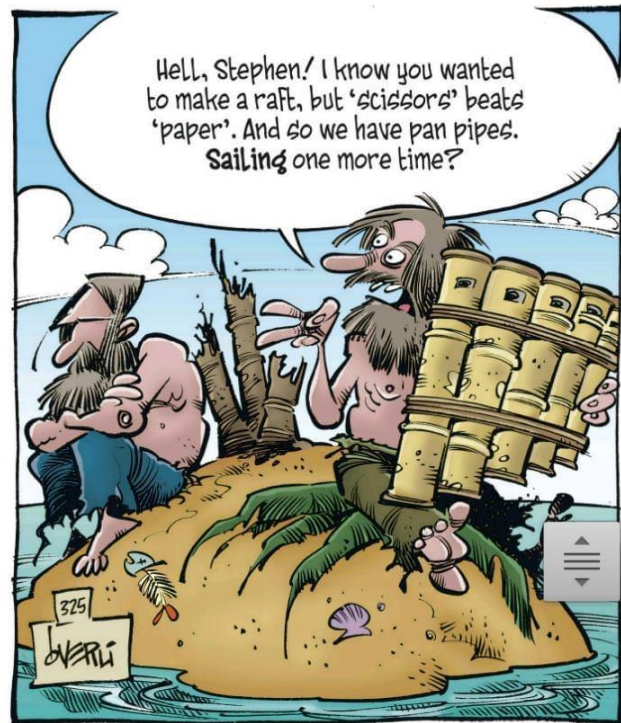
And suddenly those needs stop niggling at you
The guilt and fear stop gnawing
The phantoms of the past can't scare you
Anymore.
There's nothing to worry about or to be afraid of.



Everything obliterated
But the glory of this moment
And the grandeur of the world
itself.
And you know that this is all
there is
That this is where fulfillment
lies
And everything else is only a
shadow play
Of the mind.

From – The Calm Centre – by Steve Taylor

Your Monday Smiles....



Have a terrific week!

Blessings to you all!



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Check out “David’s Blog” on the Sauble Beach United Church website.

<https://saubleunitedchurch.ca/category/davids-blog/>



Bonus ... Just a shout out to my neighbour’s sign just down the street...

