

Back Through the Looking Glass

By **Bob Rush**

I've always thought that kaleidoscopes were really neat things. Never get the same view twice. Its like an ever evolving view of the world. Now if I can just remember to adopt that type of action. In continuing this journey, spirit seems fit to give this traveler glimpses of changing views or looking at the world with a fresh perspective. Think back to the kaleidescope and the continual change and fresh images presented. In keeping with my writings, I try to take an approach of sharing a laugh, a lesson and maybe that insight that helps us to remember our true nature.



As the year changes, my life has being going through some transitions. After hanging out in the corporate world for 22+ years, certain situation prompted retirement. Change #1 - (hint: new way of looking at my situation) - There was no panic - the world did not come to an end - I wasn't going to starve and live in a box. I knew down to my bones, I was going to be OK. Money and all those material things just did not rear their ugly head. The action I took was to put myself out there to the universe and be willing to do whatever came along. I spoke with a friend, who operates a barn and told her if she knew of anyone needing help , let me know. Turns out, the universe knew - she needed help immediately. Ya simply gotta love it. Further, other friends saw my ads and immediately called me. I'm working six days a week doing three barns. I'm not making exactly what I was before retirement - but thats ok.

Here's another kicker - I feel lighter, happier and fresher than I have felt in years. There will be days and situations that aren't always great but I have the tools to deal with those occurrences.

Yes, when the wind howls and cuts through layers of clothes and I start to think, "*Yikes, get me indoors*" - I fall back to remembering days of doing nothing but staring at an Excel spreadsheet. So, I think I'll just put on another layer and smile. Further, I get a double bonus. I was worried about the weight I had gained. Here's to doing about 25 stalls a day and the disappearance of 10 pounds. Too bad, Bally's, I'll stick with my barn gym.

As another part of changing my perspective, I have started to concentrate on trying to

live my mantra of "Be here, now". Instead of worrying about doom, gloom and all things negative, I choose to be focused on this moment, this day and realize all I have is now. Working with animals such as horses helps solidify this. No immediate panic or thoughts about the future. Just pure beauty of the moment they are in.

Its all about looking at things with fresh visions and remembering gratitude, and chance to participate in the dance. My retirement was merely a chance to see my life in a new way, gain my breath, and be ever mindful of the wondrous journey.

From the rolling hills of Rappahannock County, Virginia, I wish all of you new, pure visions, abundant dreams, and clear bright perspectives. Till we meet again on the road and if our paths cross, remember to be blessed always.

Bob

About Bob:



I reside in a very rural atmosphere between the Towns of Washington and Sperryville, Virginia with my wife and four equine companions. About to retire from local government auditing, I am pursuing equine massage and bodywork, saddle fitting and other pursuits. In addition, I try to share my recollections and experiences in this spiritual journey and the finding of how self fits into the universe done with a bit of humor as well with articles just like the one you just

read. Please feel free to contact me at pinecroft99@yahoo.com with any comments, observations and the like. Currently I'm a free lance barn worker, massage therapist and saddle fitter. I try to write about my experiences about the spiritual search with some practical visions and a sense of humor. Keep rocking and rolling.