

## Enjoying the Journey



The best times find you wide-eyed and awestruck, saying, “This is amazing, bring me more of this”.

Jennifer Burrows

When I was eight I boarded a transcontinental train for a weekend trip with my family. I remember being over the moon with excitement to feel myself speeding forward. Yet for three days I hung out the window looking backward toward the caboose which was bright red and full of intrigue as it followed us around the corners.

When I learned the caboose was simply a storage car full of junk, it lost its power to hold my attention and I turned to face forward.

***The sole benefit to looking behind is to realize you are no longer there.***

Dwelling in the past is a sticky place and one mostly filled with junk. I’ve met people who live so far back; they haven’t enough energy with them to create what they want now. Whatever your story, when you glance behind without emotional attachments, you will discover that magic has been happening the entire way.

Life is a ride. Sometimes the ride feels smooth as silk while other times the wheels appear to fall off in a hurry. Whether you’re the type of person who spills gently into new situations or rides a roller coaster of change, everyone prefers not landing in a heap.

Heaps are uncomfortable emotions such as fear or tough situations that stop your enjoyment until the challenge passes. It’s important to remember you are an explorer on a journey with the ability to ride the crests. The journey is wide and at every turn you’re free to choose how and with whom you travel.

***You're not fruit. Bruises, like sore muscles mean you are working it out.***

Every life includes many highlights that are totally unexpected and happen without planning or effort. These highlights can be referred to as peak moments, and when you have one; Wow! I wasn't in the yellow kayak below, but I was close enough for the thrill and the magic of perfect timing.

***The best times find you wide-eyed and awestruck, saying, "This is amazing, bring me more of this".***

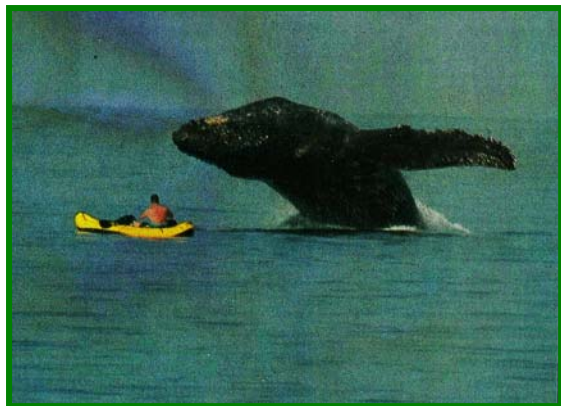


Photo: Maui News March 1, 2008

Every morning as your feet hit the floor you begin taking risks. Though you may not view yourself as a risk taker, nothing is predictable anymore not even the daily weather. If you sense your world accelerating, relaxing with uncertainty helps you to notice options and opportunities instead of more tools to nail everything in place.

Yet our personal frequency is ours to manage. A while back I noticed that much of what I was doing started losing its shine. Of course my vibration was setting all of this in motion. So I stepped outside intending to replant one shrub and to quickly shift my frequency by being outdoors.

I ended up digging nearly to the centre of Earth, challenging rocks and root balls until every bed was replanted and happy and so was I. The three weeks spent mud spattered, scraped and bitten by mosquitoes

paled when compared to my sense of well being. You've heard the saying, "A change is as good as a rest", and many enlivening changes are as near as your door.



While I trimmed lavender, a robin built herself a perfumed nest.

***Does anyone prescribe a host of golden daffodils, a mountain stream, or a robin's nest on which to contemplate? Perhaps it's too 'do it yourself' and non-profit to be considered. But it seems to me that's where happiness lies and dreams are made. Just try painting that nest. It's a spiritual act, loaded with joy.***  
***Robert Genn (artist)***

In many ways life resembles a vacation. Initially you feel urged to explore some place different from where you are. Then you research ways to reach your destination. While away you experience a range of emotions and many highlights. Likely you enjoy certain places more than you do others, end up in situations you can't wait to leave and have a few experiences you choose never to repeat.

It's a revelation to realize that most of the drama swirling around doesn't apply to you or require you to jump. Choosing to step out of an emotional zoo starts you feeling like a million bucks. It's a relief to recognize you don't have to be anyone's answer. Since most of what you take on is

voluntary, you can step aside with benefits from what no longer lifts your spirit

***Most drama is sensationalized emotion and you're perfectly positioned to laugh about it.***



Regardless of where you find yourself, miraculous things happen every day. Magically the sun rises and sets without you feeling responsible for determining how it happens or for guaranteeing that it does. We all possess the deeper wisdom to know that many things turn out well if we just stay in our seats.

You've probably heard the tale of a young boy on a farm. He spent weeks singing while digging through heaps of smelly manure. Puzzled, his parents asked him how he could be so happy shovelling 'do-do'. He answered, "I'm happy digging because I know the pony I really, really want is in here somewhere."

***Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. Thich Nhat Hanh***

---

Find out what Jennifer Burrows is up to at her website:

<http://www.jenscape.com>