

# The Big Exhale

By Bob Rush

The status of my life has been on my mind every since I retired from corporate world. Many people asked me, "So what are you going to do now?" - with an emphasis on another corporate or office gig. Yikes.

When I retired I asked a dear friend if she knew of any barn jobs available. Due to the fact that I love horses (Duh!) I felt that this would be a good break. After all when it gets down to it, I really hated my job. I performed, of course, because it paid the bills and allowed myself and my wife to attempt to run a training and boarding operation on our own. OK - you ask, what the heck does this have to do with being contented. I'm getting there - just wait for the 1812 overture. My friend needed help in her stable doing odd jobs - mucking, riding, mowing etc. Woohoo - love the universe - I landed on my feet. Granted this does not pay a heck of a lot but...

Once I landed this job, other friends sought me out to work their barn. Journeyman equine sanitation engineer. I still do horse bodywork and saddle-fitting. Is jack of all trades far behind?

***What I begin to discover is that so many wants had been driving me over the brink for so long that the push towards simplifying things became easier.***

It is helpful that when you move four times in five years that simplification becomes a rule and not a desire. God bless construction dumpsters - there is one by my storage unit – and it has received "stuff" over the course of months. For those of you that haven't listened to George Carlin's "Stuff" monologue – check out a bit of it here:

<http://www.youtube.com/watch?v=MvgN5gCuLac>.

I have it on my Ipod. It is hysterical and just soooo true. After all isn't it just "stuff". I am beginning to feel much lighter not only physically but mentally and spiritually. Carrying around crap is not good for one's well being. Now the path back to the subject. With simplification comes lightness and from lightness comes contentment.

***Somehow I began to understand that all that material stuff just is not necessary.***

## ***Happiness comes from within and is not dependent on outside things.***

I have come to the conclusion that I am content where I am at this very minute. I enjoy working with horses and the people surrounding them. It isn't glamour and glitz but tends to reward me with a piece of mind that transcends. I'm not without my share of problems - but a friend said "*most problems are really just a situation*" and not earth stopping dilemmas. These situations can be handled by right action. After all, life does require a few things from us. I start my mornings in a short meditation asking for awareness of the universe's gifts. Too often, I sleepwalk right past these little examples of abundance and then complain that the universe is not listening. It is in the awareness that is granted that I realize that my faith kicks in - its like just wanting to know what the next chapter is or whats on the other side of the jump.

Material things don't hold the luster that they used to. I just find I really don't "need" it anymore. We live in the back portion of a lovely farm and being somewhat removed from the hustle and bustle has helped my brain slow down. So that's what the Buddhist are smiling about. Multi-tasking is overrated. I find I don't need to try to do six things at once. Most of the time I would botch half of them anyway.

## ***Being content is not being "complacent". That feeling is one of being stuck.***

The view tends to be that its not going to get better, things never fall into place for me - just get used to it - put your head down and trudge forward. And yes, complacency drove my bus for a good while. I really felt that just getting by was all I deserve. Passion was extinguished by being complacent. Each day now I remember to thank the universe for the gifts and being allowed to play another day. Project that smile and the world smiles back - take the overwhelming negative energy in the world and convert it to the positive.

## ***Be the miracle. And remember to "exhale", which to me is serenity in real time.***

Somehow in all these adventures and journeys I find that I am right where I am supposed to be. I am abundant, happy and content - not resting on laurels but remembering right action. It's all about the adventure not the result. From the wonderful world of equines and until next time when we meet on the road, be content...

See ya soon!!!

Bob

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***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](mailto: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.