

Stopping and Starting

By Gunilla Norris

One of the hardest lessons of any inner journey
is to understand that our ideal sense
of how things should be and the actual experience
are miles apart.

To *be* with our being...
is the most simple, direct, truly human capacity,
and it is the most difficult to sustain.

In two minutes of sitting quietly
we will soon discover that our minds have gone off
by themselves with plans, fantasies, judgments,
hopes, fears and what have you!
In nothing flat we have flown away
from our presence in the present.

To accept that we do this all the time
Is to accept the process of stopping and starting
again and again.