



Resilience and Seeing Clearly

By Kathy Marshall Emerson,
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Early mornings at the lake are always a gift. Tuesday was spectacular. The fall lake was pure glass perfectly mirroring the blue sky and clouds. Without hesitation, even in my robe and slippers, I beelined, camera in hand, for the shore. Several times that day I paused to look at the picture and visit the feeling one more time.

The insight came and I could see clearly...know...that which is divine is reflected in all of us permanently. We are always that. On the days when the fog rolls in, when ripples or waves of thought obscure this clear, knowing view, it is important to remember our spiritual essence. The capacity for wisdom is always within. Regardless of state of mind at any one moment, we are enough, and enough is way more than me or you.

That said, ordinary life events can seem to send us *over the bend*. But there is no bend, only my own grip on a thought that makes the bend *feel* so real. No bend in the road you say? No, none. Events, happenings, things out there do exist, but you and only you give them meaning in your own life.

My friend from afar, David Bodman, posted a very precious clip. It took my breath away. With every ounce of grace, gentleness, beauty and firmness any human being can ever portray in even the gravest of circumstances, he described the inside out simplicity of mental health. "When I am struggling I forget that I am making up the struggle. The more I continue to struggle, the more I forget. Then some time later the struggle lifts and I have an experience of, 'I'm feeling fine; it's all over.'... When I am not thinking too much and I am allowing it to flow within my mind, then I am feeling good. ... When I am struggling all I need to realize, for a start, is that the struggle is within my mind, and secondly I have a choice to just calm down, if for no other reason than to feel calm...not work it out, just to feel that *expansive calmness*, and with that generally comes perspective." (Bodman, 11/7/15)

Expansive calmness—what a powerful phrase! Expansive like the sky, the water, the essence of whom we are. There are no limits. Let go of the mental struggle. Experiment with the expansive spiritual reality of being human. Syd Banks taught, "Everyone in this world has the same innate source of wisdom, but it is hidden by the tangle of our own misguided personal thoughts." (*The Missing Link*, p. 17)

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