

## What's New?

By Diane Moore

How about everything and nothing? Every day we wake up to a world that has been freshened by the morning sunlight or rainfall. Every day we wake up to a world that sings to us in the language of birds and engines. Every day we have laid out before us another opportunity to breathe and see and hear and feel. Every day we have another opportunity to understand and acknowledge and witness and experience the gift of being a participant in NOW. *The miraculous landscape of NOW...*

The question is will we miss it? Will we choose to skip over the evidence of the miracles that are laid before us? Will we decide instead to close our eyes and our hearts to the scent and sound, the feel and touch, the fabric of the sunlight and sky that washes over us and provides a cloak of grandeur? Will we touch the earth below with an understanding of the place where it holds up our house and connects us across oceans to the places that we trick ourselves into believing are far away?

Is there a time that will come when we will pause long enough to see that we are not disconnected from any of it? That all of it is ours and theirs and beats to the same shared rhythm of life? What would it take for the veil of separation to be lifted for you? How interested are you in looking closely? Or would you rather stay lost in your thoughts?

It's understandable that we turn away. It is our most conditioned response. Humans who have choice and were given reasoning minds, have chosen to follow the path of not seeing, not feeling, not knowing, and not looking. Self satisfaction has become the goal. Mine, Mine, Mine and sometimes ours and theirs, but what about Everyone's? When will everyone matter? When will it become everyone's earth, everyone's fear, everyone's hunger, everyone's loneliness, everyone's broken heartedness... Everyone's anger, everyone's judgement, everyone's blame... Everyone's disappointment, sorrow, grief. Everyone's virus?

The struggle is so familiar really. The place where we don't like what we are connected to, and yet simultaneously we fear the isolation of disconnection. We want it both ways. We want to only connect with what we "Like" and disconnect from what we don't like. And we have new technical tools that feed the illusion that it is possible.

But when we rise from our beds in the morning we don't get to choose the sky without the clouds, or the sun without the warmth, or the trees without the shade, or the earth without the insects. We don't get to see the stars without the darkness of the night sky. We don't get to see the newborn without the seemingly impossible birth process. We don't get to be grateful we're alive without a threat of dying, or to celebrate our healthfulness without bringing awareness to potential illness.

*So what's new? Really?*

Are you afraid? Not new.

Are you feeling lonely? Not new. Are you anxious, sad, angry? Not new.

Are you judging, blaming, trying to figure it all out and do the “right thing”? Not new.  
Are you restless, bored, or struggling to keep yourself balanced internally? Not new.  
Are you seeking false comfort in food, alcohol, binge TV watching? Not new.  
Are you trying, trying, trying to make sense out of this mess? Also not new.

*Tell me something new. Tell yourself something new.*

Are you listening to sounds more attentively than ever before? Are you letting yourself breathe with gratitude for each clear breath? Are you appreciating stillness and the fact that a virus is demonstrating the place where it's impossible to truly separate from each other?

Are you *allowing yourself to feel* compassion for your own sorrow as you experience the temporary nature of all things?

Are you experiencing your healthfulness in the moment as you simultaneously face the quiver of uncertainty about how long it will last?

Are you noticing the expanded awareness of living on the edge of impermanence with so many others simultaneously?

Are you feeling the place where your feet touch the earth, and maybe the awareness has brought you to a concern that the virus might be stuck on your shoes since you just went to the store? *That might be new!*

Are you tenderly remembering all of those times you reacted with horror to imagined scenarios that weren't even real? And can you offer compassion to how intensely you have struggled so many times over thoughts that were based in nothing at all. Living with an ever-present state of anxiety is not new. Pain is not new. Feeling isolated in our own struggle is not new. Feeling disconnected and misunderstood is not new.

Newness is waking up each morning with awareness that you are alive. Not Dead Yet. One More Day. One More Dawn and Night Sky. One more chance to hear a voice, hold a flower, offer love and compassion to ourselves and each other. One more chance to allow the miracle of our own life to be experienced with humble acknowledgement that we are not in control. That we don't need to be. That all we have to do is breathe until we cannot. That all we have to do is live until we cannot and breathe with compassionate awareness for our own struggle and the struggle of others.

We know that busy is not new. *So let's try on stillness instead.*

We know that our internal dialogue of anger, self judgement and blaming are not new. *So let's try experimenting with tenderness for ourselves instead.*

We know that running away from ourselves is not new. *So let's try turning toward our own hard heartedness until it gives up and melts into the connectedness and love that is always waiting to be discovered.*