


Please enjoy the beauty and grace of developing these deeper and broader understandings of the "continuing flow of beauty and grace" in each of our lives...in ALL of our lives...in nature, in our precious loving relationships, in ALL people around us, in all of our relationships and activities.... all interconnected...all interdependent...all inter-being....like the flow of these beautiful, flowing, wispy cirrus clouds across that incredibly vast, expansive, beautiful blue sky....

~

".....the beauty and grace...in the flow of...comings....and....goings....."





*"Beauty and grace are performed
whether or not we will or sense them.
The least we can do is try to be there"*

Annie Dillard, Pilgrim at Tinker Creek



"The least we can do is try to be there"

Annie Dillard, Pilgrim at Tinker Creek

"the least we can do is try to be there..."

...everything...
every thing we see, hear, feel, taste, smell, touch,
every activity,
every thought, feeling and reaction,
....every body...every relationship....
....all beauty....
coming together...here for just awhile...dispersing....





"beauty and grace"
flowing everywhere...
although I may not realize it...
perhaps just getting slight glimpses of moments within this flow...
...in... everything...
nature, situations, activities, interests,
thoughts and feelings, people, connections, nature, life,
and perhaps most precious...
in my relationships with people and loved ones in my life...

Each of these...
coming together...here for just a little while...and then dispersing...
a continual and continuing flow of..... comings and goings.....





Perhaps,
combining these ideas...
integrating some of these awarenesses...
hopefully, leading to deeper appreciation in each moment
of whatever "beauty and grace" is momentarily.... "here"...

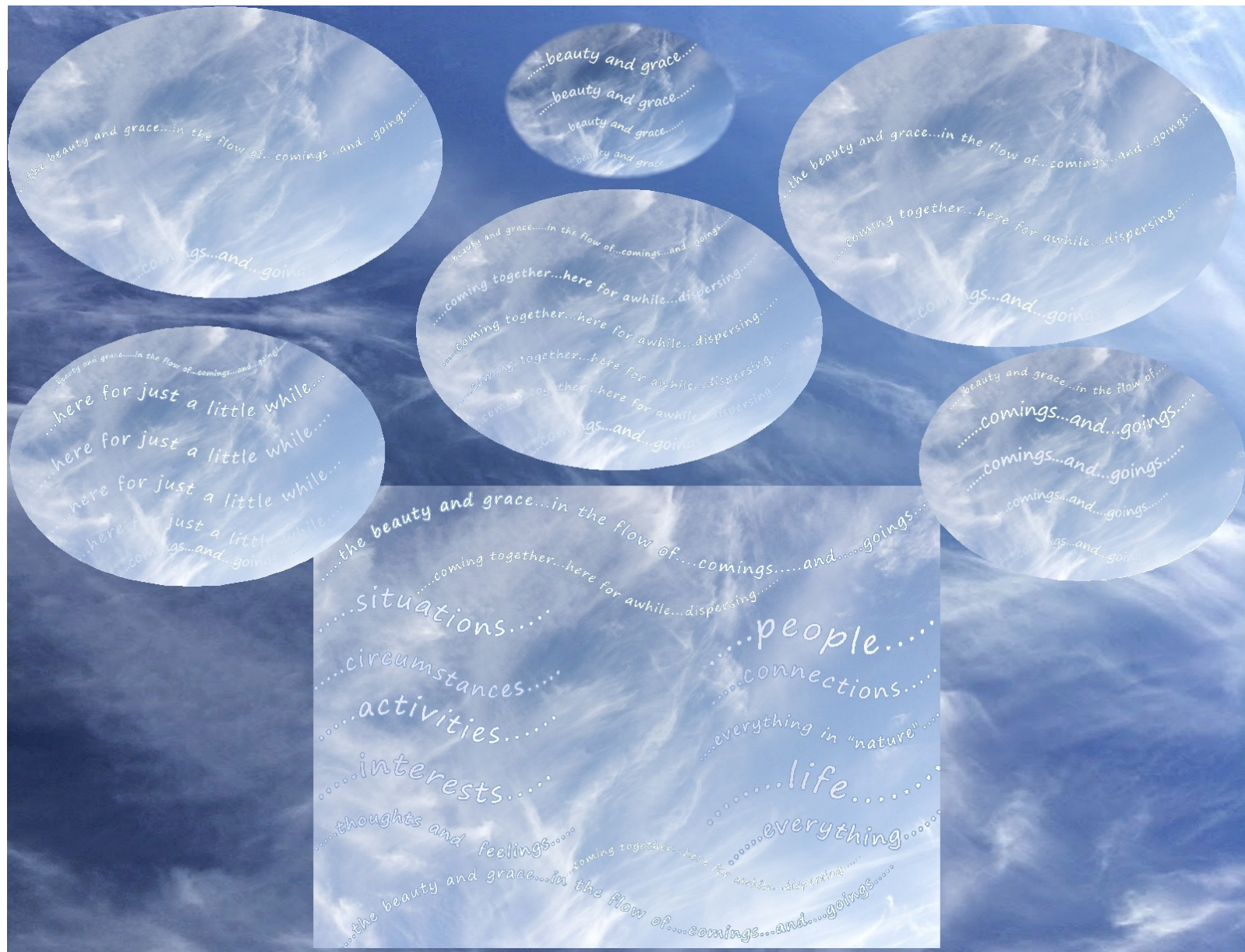
That continual, rhythmic flow having aspects of "flowing beauty and grace..."

whether the "contents" of that "flow" might seem positive....
which I "like" and am happy to have continue!

Or "unwanted"...which I can watch with increasing awareness...
that an unwanted thought, feeling or reaction is also flowing,
coming together...just here a little while...and then thankfully dispersing!

Everything....
continually "arising" and coming together
continually "abiding" ...being here for just a little while...
continually "dissolving"dispersing...
....arising...abiding...dissolving....





As I've been reflecting on these ideas and being SO surprised
as I'm noticing these dynamics as they're actually "happening" in my everyday life...
I think I'm developing a deeper awareness and appreciation of
this incredible, continual flow of beauty and grace...
in so many of the various aspects of my life!



I'm learning to bring
my positive intentions, attention, perception, awareness and appreciation...
to "seeing" "hearing" "feeling" "tasting" "touching"
"noticing" "experiencing" "appreciating"
the abundant beauty and grace that is "present"...
in each moment...for just a moment...
slowly, slowly, slowly....becoming aware, more often, of those dynamics....



This flow happens so fast!...but often I don't realize that!
Fast....in the context of...
a moment, an hour, a day, a week, a month, a year, a lifetime...a millennium...eternity

coming together...here for just a little while....dispersing
whoosh! just like that....one moment it's here....next moment it's gone!

~

And often...when it's some thing I value or someone I love
I'm shocked that something....or a person or animal I love.... is "gone"....
I didn't want that loved one to go away! ...I wanted that loved one to stay here!
So shocked and surprised that a loved one's life
didn't last as long as I wanted or hoped for!
Seeming to be "gone..."
before I really appreciated the loved one as much as I wish I had!



Slowly, slowly, slowly.....I'm bringing these awarenesses together....
flowing toward developing greater awareness and appreciation,
while whatever beauty and grace I love...is "here" ...
in this very moment...for this brief moment....



Hmmmm.....???..... I wonder if I notice beauty more often when I'm outside in nature...???.....I think maybe so!..... But I'm realizing that that "flow" is NOT just beauty in nature...there are moments of "beauty" everywhere, all the time, in everything! But it's fleeting....flowing beautifully coming together....here for just a little whileand then dispersing...Very, very precious while it's "here" ...but I might "miss it" if I'm not aware of how quickly it will be "passing.....".... "dispersing.....".... "so fast!"

"the continual flow of beauty and grace"
everywhere!...in everything...
becoming more aware of how wonderfully embedded it is in everything...
it's everywhere! ...in everything!
awareness...noticing...appreciating
Isn't that amazing....???



realizing more often
that the beauty and grace of each of these "categories" are "here"...for just a little while....
for just a tiny moment in time




...all of these...
all of us.....
 interconnected...interdependent...interwoven...inter-mixed...inter-being
 all flowing so beautifully along,
 coming together....here for just a little while....dispersing....
 coming together...here for just a little while...dispersing....
 simply..... a very, very lovely continual flow....
 of beauty and grace





*"beauty and grace"....in every thing...in every moment...
amazing!!!*



*"Beauty and grace are performed
whether or not we will or sense them.
The least we can do is try to be there"*

Annie Dillard, Pilgrim at Tinker Creek

I hope that I can learn.... "to be there"... "to be here...."
to bring my attention, intention, awareness, presence and appreciation
to what's right here...
with, within and around me....
in each and every moment...
such an incredible abundance of
....beauty and grace....

... "to be there"... "to be here"with deep awareness and appreciation...
the incredible, continual flow of beauty and grace



May we develop the awareness and presence...
"to be there....."

"the least we can do is try to be there..."



10/21/2015 This is a draft....simply a presentation of some “image pages” I’ve been creating as I’ve been reflecting, noticing and developing more and deeper understanding of, and awareness about, the amazing continual flow of the comings and goings of beauty and grace...in everything....in every moment...everywhere around me!

I tend to “think” and develop deeper “awareness” through creating these “image pages”.... my own way of “thinking” and developing “understanding”.....using symbols, metaphors, colors, flowing fonts....a nurturing an intuitive sense and an intuitive understanding.... perhaps, a “backdoor” to my own mind.....Sometimes, words of explanation of the pages arrive..... sometimes....maybe....maybe pretty soon.....

*These “pages” seem to be part of a several month sequence of thoughts, reflections, awarnesses and ideas...all using awarenesses that came out of my experiencing **BIG TURBULENCE!** during an airplane flight.... and from subsequently watching the incredible expanse sky with a deep sense of amazement, awe and wonder.... the embedded dynamics of various clouds, cloudy skies and blue skies...and how similar dynamics seem to apply to the dynamics of our minds.*

The earlier ideas in this sequence: (although not at all necessary to read in order to get the ideas in this post)

***Part 1:** Turbulence! “Ohhh...of course!”....BUT.....”Maybe not so....” creating greater understanding about how we seem to be “blown around” by the dynamics of the many kinds of “winds” in our minds.*

***Part 2:** “Blue Sky: understanding the dynamics of our minds....developing more awareness of our habitual reactions, patterns, habits and filters....all with the intention of moving past feeling like we’re being controlled by our habits, patterns and filters and seeing the vast blue sky more often.*

***Part 3:** Beauty and Grace: within the flow of “comings and goings” in our lives (this post)*

***Part 4:** older nurturing pocket cards... being VERY careful and VERY certain to approach the deeper awareness about and understanding of ALL of these ideas with a nurturing kind, loving and compassionate heart and mind... toward ourselves as we develop these various awarenesses*

***Part 5:** Everyone Matters...No Matter What, Every Being on Earth Matters A post from 2014. Realizing that no matter how stuck (or unstuck) we or others might be....every single one of us “matters....*