

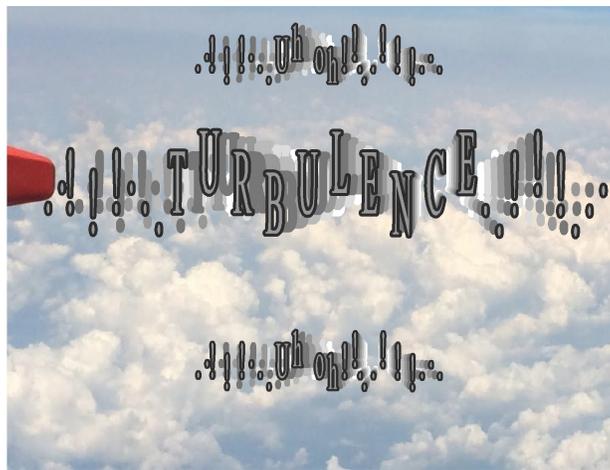
Turbulence.... "Ohhhh...of course!"..... BUT..... "Maybe not so....."

We flew across the country this summer.
We were flying along through the sky...with steady, smooth, forward motion...

Then....
we hit some strong "turbulence!"

There must have been **VERY BIG WINDS** tumbling though the air around us!
Jostling and tossing the airplane...and jostling and tossing all of us inside that plane!
No more steady smooth motion for us...jostling instead!

BIG TURBULENCE!



As the plane was shaking... I was feeling "shaken up," reacting and scared...
fearful thoughts...fearful emotions...imagined worries...such uncomfortable reactions...

Then, it occurred to me...
"...ohhhhhh...of course..."





“Ohhh...of course.... this airplane is shaking”

*we're here in a cylindrical metal object in the sky,
there are many huge billowing clouds around our airplane,
there are multiple wind currents in the air we're flying through,
there's the strong gigantic wind of the jet stream flowing against us,
there are probably very limited choices of flight paths and altitude choices
offered by Air Traffic Control...*

so....

“ohhh...of course...there's turbulence here right now!”

“ohhhhh...of course....”





And then I started wondering...???

Hmmmm.....wow!?!?!?!?

*“Might those “airplane turbulence” factors and dynamics
be a VERY similar dynamic to my own various reactions in my own everyday life...???”*

Do you suppose I might get jostled by my very own internal winds???

the continual, ongoing interactions of:

*my own history of perceiving, filtering and reacting,
my strongly imprinted “patterns” of thinking and feeling,
the constantly changing “conditions” around me each moment of the day,
the many varied ways other people interact with and around me....*

(sometimes called “parts and pieces, causes and conditions” = ppcc)

Soooooooo

“ohhhhhh...of course”....

Of course, I’m reacting this way right now!”

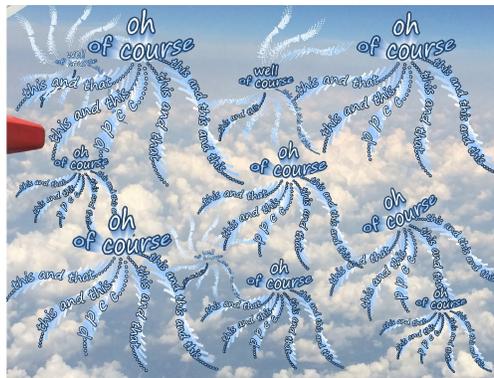




Perhaps...I'm feeling buffeted around by just one reaction or just one feeling...?
Or maybe... I'm feeling jostled by an interplay of reactions or multiple feelings...?????



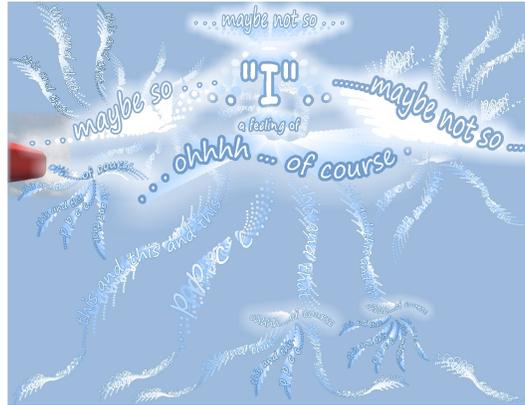
Perhaps...only "me" reacting...
Perhaps, many of us are reacting, each in our own ways?
Perhaps, feeling my own reactions to the many varied reactions of people around me?



Turbulence! Big Winds!
in the air... against the structure of the airplane...and within each of us
in the bodies, hearts and minds of every one of us on that airplane, myself included!

"ohhhh...of course...."

So...reflecting a bit more clearly...
using more "sound logic"..
hmmmm....looking at the validity of my thoughts... maybe this is "so"..
maybe my perception could be "true"...whatever "true" might be???
maybe whatever I'm perceiving could be "so" ...
"maybe so....."



But...

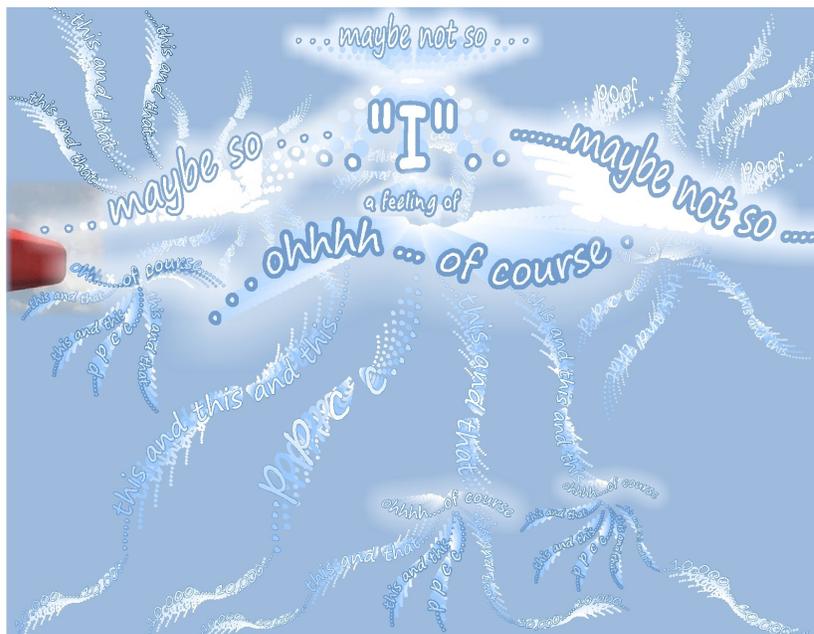
Maybe "this"...whatever I'm perceiving... isn't the way I think it is..
not the way I've always thought it was

Maybe I'm filtering, distorting or reacting to various factors,
coming out of my own life history
of thousands of previous filtered perceptions...

Maybe this is not "so"... not "true"

Maybe my perceptions are skewed by past experiences and habitual patterns...

Maybe whatever I'm thinking is "so"..... isn't so..... "maybe....not so....."



And sometimes...I continue to react so strongly...Uh oh...more **BIG WINDS!**

I actually had a strong reaction, sitting in a diner in New Hampshire...
We were eating dinner, before driving north to our destination in the mountains,

I looked out a window and saw **HUGE dark clouds!!!**...toward the north ...
where we would be driving!

And I "heard" a very clear exclamation in my "head"

"Oh My God! It's going to **RAIN!**"

That exclamation included some habitual, implied worries, safety concerns and fears...

OMG!...the road's going to flood!

OMG!...We won't be able to see through the windshield!

OMG!...We might get in an accident!

And, not only that....

I believed what I "heard" myself saying to myself...

"This is so!!!"

"**SERIOUSLY**, this is so!!!"

"I know this is so!"

"I believe this is so!"

"I" am in danger!

Seriously!

This is so!



Wow!!!...my mind sure got moving very fast...very quickly!!!...
with multiplying negative, fearful, exaggerated thoughts and feelings!

Uh oh!

Do you suppose that negative thoughts and feelings are contagious within my mind???
Or maybe they just attract a jet stream filled with similar types of thoughts and feelings???

Ah ha! Do you suppose this is similar to the dynamics of....momentum???



It felt like those kinds of thoughts and feelings spread so quickly around and through my mind!

Whoa! Oh no!!!! Multiple unpleasant thoughts, feelings and reactions!

hmmmm????

I wonder if positive thoughts become a kind of "jet stream"
powered by more and more positive thoughts and feelings?

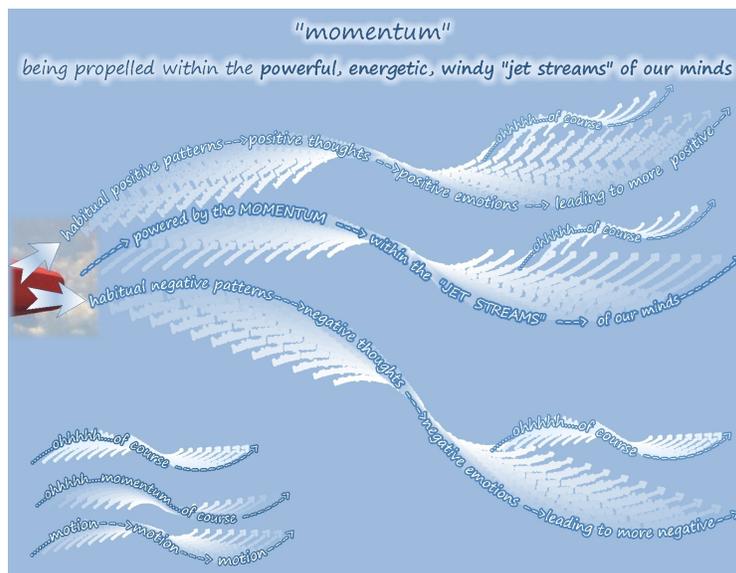
And...uh oh!..maybe there's a negative "jet stream" too??

negative leading to more negative????

Uh oh!

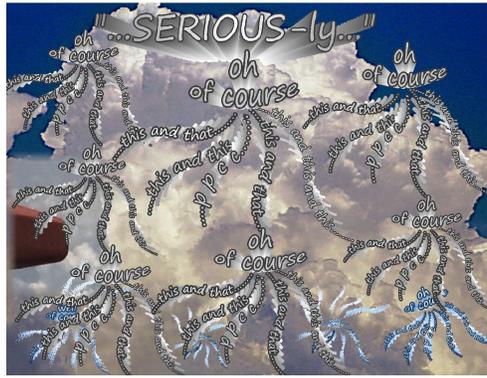
Now THAT'S some pretty POWERFUL motivation to get OUT of negative states of mind!!!!

as much and often as possible!



Multiple unpleasant thoughts, feelings and reactions???

..... momentum, indeed!



Not only that... "but wait, there's more!"
After I made that particular big black cloud "SERIOUS-ly" page
and saw so clearly the way I sometimes tend to react strongly...
a new "thought" popped up in my head and was very clearly heard!

"I" am doomed!!!!

I'll never get over reacting this way!

"SERIOUS-ly!"

"This is SO!"

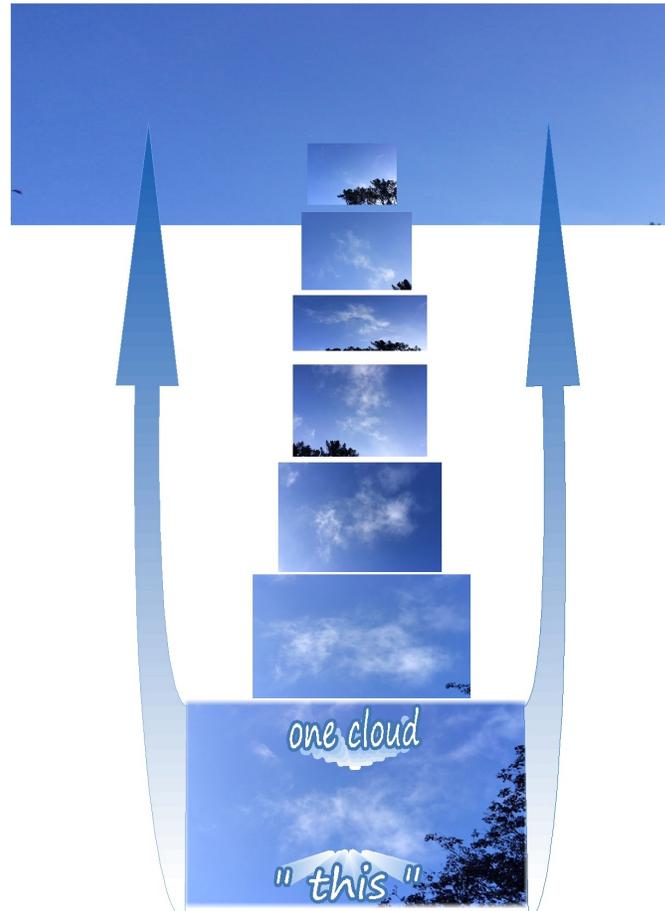
"Now, I'm doomed!!!!"



Ohhhhhh.....my goodness.....

I did have enough awareness and understanding to see the absurdity in this reaction...
I could see myself getting blown around by the big winds within my own mind!
It actually was a bit "funny" to hear this dramatic reaction and intonation...
It felt good to be able to actually laugh at the absurdity of that very young reaction.

Thoughts...feelings...emotions...reactions...
such a similar dynamic to a cloud I watched a few days ago...
it looked "solid" and so completely, stably formed.....and then.....within 5 seconds...
...dissipating...dissipating.....Poof!...gone!



...That cloud dissipated so quickly and was simply and completely gone!
Just like that...poof!...gone!...disappeared completely!...only clear blue sky!

What a wonderful reminder for me!
 ...winds...motion...movement...
 ... clouds... thoughts... feelings... e-motions...
 ...constantly "arising" ...
 ...constantly "here" for awhile...
 ...constantly "dissipating" ...
 ...clouds...thoughts...feelings...e-motions...



Humph!
 "Ohhhhhh...of course!... This makes sense!"

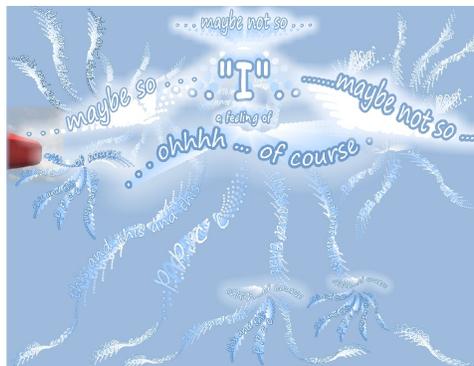
....motion...motion...motion....
.....continuing and continual motion.....



....motion...motion...motion....
.....wonderful, wonderful motion!.....



Over the past month,
I've continued to reflect
on these various dynamics of winds, motion, turbulence and clouds
and the similar dynamics within our minds...
and thinking more about the wonderfully fluid, flexible "motions" of...
"Ohhh...of course...!" and "Maybe not so...."



I've realized as I've watched lots of lovely wispy clouds in the sky above our house...
that I LOVE watching those wispy clouds in the sky...
the flow, the motion, the fluidity, the beauty of those clouds...
"cirrus" clouds...
lovely, fluid, moving, flowing

"I'd like to be more like that!...to live more flexibly and fluidly..."

And so...the "SERIOUS-ly" of the dramatic worried reactions...
can be balanced off by learning to live
increasingly gracefully, flexibly, fluidly, quickly dispersing reactions...
"cirrus-ly"



Ahhhhhhh....

"woooooo...I like this better!"

the wonderfully spreading, contagious nature
of those lovely, lighter, more positive thoughts, feelings and e-motions...



Keeping all of these ideas in mind....as much and as often as I'm able

Realizing I have a choice...which perspective do I want to practice?

"Maybe so...."

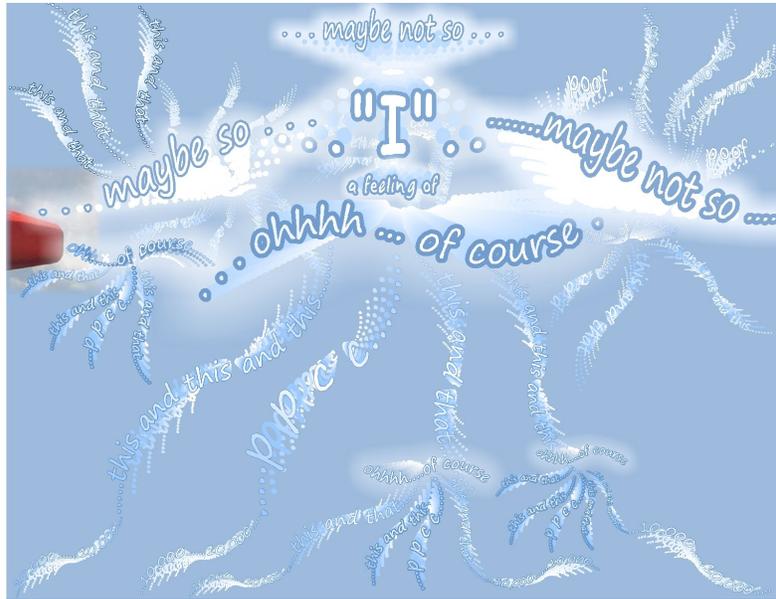
"Maybe not so....."

Whichever perspective I practice, I'll get better at...
so for me to choose as carefully and as consciously, as much as I'm able

hmmmm.....which will it be?



All of these ideas and awarenesses
coming out of that original airplane wind and “turbulence” awareness...
“Ohhh...this habitual reaction, whatever it might be...makes sense!”
It “may not be so”...



but given the particular winds and habitual patterns in my mind right now,
it sure makes sense that this reaction is happening!
it's simply...turbulence...
“ohhhhh...of course....”



