

## June 2021

Greetings!

I hope everyone is doing well. It looks as if we are in some kind of transition period from the pandemic to a "new normal." With summer here and with our being able to be more active, I want to talk about some pitfalls that may come up as a result.

When we were in a more stay at home period, there were not a lot of distractions to interfere with our meditation and practice. Our training could take center stage. Now there are activities we want to do that we couldn't do earlier, and there are things that we have to do, such as catching up on doctors' appointments. If we deal with things as they come up, instead of seeing a mountain in front of us, we can avoid an avalanche of emotions. It is important that we do not become overwhelmed by our emotions, and instead find a stillness in our activities. With an abundance of things to do, we don't want our emotions to take us all over the map. It is important for us to rely on our training, allowing it to help us return to the stillness and peace of the Eternal. We can have faith in the training to provide the focus and stillness that we need when emotions get out of hand. It is important to be extra mindful when things seem to pile up and we feel ourselves losing control and being overly stressed.

That is not to say that we should refrain from doing things, it is just that we need to be aware and mindful when stresses come up. Keeping up your daily meditation and practice, as well as finding some quiet time each day, can be a great help. I myself am taking a trip to New York City to see family and friends this summer. It is very important for me to avoid overdoing things, as this can so easily result in my emotions running all over the place. Instead, I can take a deep breath, be mindful of what is happening, and return to that place of stillness.

We have been living in a period that has involved some isolation and deprivation. Now, for some of us at least, we may be entering a period where the opposite extreme is true, a period where we run the risk of being over-stimulated. Moving from one extreme to the other like this can be very confusing and strong feelings and emotions can arise. Sometimes these feelings can be painful and we can find ourselves getting angry easily, finding fault with others, or adopting a hardened attitude, especially towards our loved ones. It is especially important at these times to be very mindful, keeping up our meditation, allowing the Eternal, with its unconditional love and compassion, to flow through us. This will be very helpful and will assist us in living a more peaceful life.

Have a great summer and enjoy life! If you keep up your spiritual practice, it will make the summer that much more pleasant.

Take care.

With all my heart,

Rev Basil