

The Human Experience Pt 10: Growth from the Inside Out

"God! I needed that..." said Andrew as he took a sip from his coffee. Frank and Rose smiled at each other. "Can you believe that it's only a month away from Christmas? It feels like it was January only last month" remarked Frank. Again, Rose and Andrew approved with a grin.

"To tell you the truth, I'm in pretty good shape even though it is the run up to Christmas" said Frank.

"Is this the same man who a few months ago threw a file in the air and stormed out of the office, muttering *am I the only one who works around here?*" teased Rose.

"Guilty!" responded Frank.

"You're not the same man Frank. And don't let this go to your head, but I feel you're more fun to be around... now I don't have to gauge how you're feeling before I speak. It's great" continued Rose.

"Yes, I was pretty wired up most of the time back then and now ... I just feel good most of the time... and I'm not the only one who's changed for the better" said Frank as he looked at Andrew.

"Who, me?!" replied Andrew with a curious look on his face.

"Yes you!" Frank smiled, "You are less judgemental and opinionated these days; less right and more open to seeing someone else's point of view".

Slightly flushed, Andrew admitted "Yeah, well I suppose so. Since I met Geoff, I've been able to see how many positions occupied my head... you know, good and bad, rights and wrongs, fair and unfair. Here was Geoff, so disfigured by burns to his face and body. It would be so easy for him to say 'why me', to hate life and judge it unfair. But he hasn't. He's a great guy".

"Speak of the devil," said Rose as Geoff approached the table, cup in hand. As he sat down she asked, roguishly "Are your ears burning Geoff? Andrew, you were saying..?".

Andrew's face turned bright pink and he appeared to suddenly find the view from the window more intriguing. Momentarily, he turned to Geoff... "Well, I was just saying that since meeting you I have become a little less... judgemental and opinionated". "A little, you say!" teased Geoff, now in the game and enjoying the sight of his reddening face. "What's going on here - true confessions or something?"

Nourishing our inner space

Each of our lives is just a mirror image of the thinking we have at any one time. When we experience our life it is because we have the extraordinary capacity to *create* (via ideas, thoughts, images, attitudes, beliefs the never ending forms that make up our lives). We create form from the formless. As a potter takes a formless piece of clay to sculpt what is in their mind's eye; so do each of us create our lives.

As this is true for the four in the coffee club above, so it is true for each of us and all humanity. Each of them had grown from the inside out. So it is true for each of us. As Oliver Wendell Holmes once said 'Man's mind, once stretched by a new idea, never regains its original dimensions'.

Our character, Andrew, will never experience his life of judgement or opinion in the same way, because he was able to SEE his role in creating his life of fair or unfair, right or wrong. He could SEE from the inside out. We not only have an astonishing faculty to create our lives from the inside out; we have the innate ability to SEE from the inside out. Frank was able to see that he was 'pretty wired up most of the time' and this SEEING enabled him to have fresh new thoughts and new ideas that allowed him to feel more at ease with life.

While I was at the gym this morning I struck up a brief conversation with a fellow patron. "How's the day going?" I asked. He replied "Every day is a beautiful day". "You're right" I responded, and as he walked out of the change room he turned to me and added "Not sure if many people understand the truth of that... see you". Indeed, this 70 plus year old man understands its meaning very well. His tone of voice, his interaction with other gym members, and the persistence he shows in his exercise routines show his strength of purpose and character, his gentleness and his cheerful disposition.

LIFE is. LIFE is beautiful, dynamic, abundant and fruitful. LIFE has intelligence well beyond our human capacities yet, we have an innate artisan to live LIFE'S INTELLIGENCE NOW. ■ ■

"Our world will never be perfect. The rain will come, despite my best efforts to prevent it. Life is what you choose to make of it. State of mind is everything. If you cannot change what happens, then for your happiness, you must change your mindset."

Michelle Sedas (1977 -). Author of Welcome the Rain and others