

DOWN AND UP

Up and down, up and down, up and down, up and down, up and down, up and down.

Consistency is key, they say.

Discipline.

Steady workflow.

Be productive.

Jeeze, this is starting to read like OK, Computer.

Sometimes all you can do is laugh at it! Truly. Will these waves ever calm? Or is this storm to stay? He looks around - silence is where the calm is, of course. You don't get the sound of crashing waves on a calm day. Noise-cancelling headphones. Sometimes, glasses. A room of ones own. Email me!

No man is an island.

Of course, you can't close off, never. But here we go again! Up and down, up and down. The waves, they don't get smaller, you know. They stay, relatively, the same size...the only thing that can change is the perception of the waves. "Seeing the waves as not real helps". I say that, too, sometimes. But sometimes, I say, "Must we play that game? The waves are real. Come on."

Pass me an oar! I'll fight for control! Yea, yea, I know...

It's a fun game, though, playing with the waves. That's the key, isn't it. You 'roll with it'. Play! Play with the waves. Feel the energy of them, use it, and bring forth new life, new perspectives, with that much less fear. Much better than being battered again, and again, and again, and again, and again, and again, and again, and again, and again, and again.

They call this learning, I think! And by that, perhaps they mean unlearning. You have to unlearn a heck of a lot of socialized, habitual reacting to find peace, whatever that is.

"What happens to the heart."

And we speak to it, again and again as well, to the bitter end, eh. We just continue to look at the feels, feel the feels, talk about the feels, and move on to the next feels.

Wisdom - the land past the feeling? I want in. Well, perhaps I want to feel a bit more of the energy in life first. Maybe there will come a day when enough people make stuff

about the feels that it's all just universally accessible, and we can plug into a system to receive whatever kind of empathy we need at the time. Talk about instant gratification.

In any case, it's a steady transition, a transition of mind, not of place, of perspective, not of the perceived. Up and down, up and down we'll always go. Round and round, as well.

But then, step back! See 'clearly', and what you will see is the circle, simply put. Smile! Laugh at it. For in its beauty, in its pain, in its entirety, it is at least, if nothing else, inherently funny.