

Pathways

THE CHRIS DEWEY PROFESSIONAL SERVICES LLC. NEWSLETTER

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*"We have an infinite amount
to learn, both from nature
and each other"*

John Glenn

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Filling the Void

Have you ever considered how much we devote our efforts to filling up our time...like it is a void to be plugged? We seem to spend our days rushing from place to place, from event to event, from one desire to the next, and we so very rarely stop to just "be". Sometimes our lives are so frenetic that we actually feel driven to schedule "downtime" or "me time". Does that seem even remotely curious to you?

In my martial arts world and within the world of Traditional Chinese medicine, I have become accustomed to thinking in terms of yin and yang energies, and I'm sure the yin-yang symbol is familiar to you. Yin energy is quiet, resting, whereas yang energy is more active and dynamic in nature. One cannot exist without the other, and one naturally contains an element of the other.

It seems to me though, that we spend so much of our time in a yang state, constantly driven to perform, succeed and accomplish. Indeed, we are admonished from an early age not to "waste our time". I wonder how much of this constant activity builds the stress in our lives that ultimately causes the slow, but inexorable erosion of our wellness, vitality and health. If there is no yin to balance the excess of yang, how could things be otherwise? So let me pose a question or two for you to ponder.

What if time were not a void to be "filled"? What if time were an expression of the experience of living? What then?

Let me see if I can clarify, by way of a whimsical example: Gravity is something we take for granted, we don't try to fill up our experience of gravity, it is simply part of the experience of living.

When was the last time you woke up in the morning and wondered what to do with your gravity? When was the last time someone asked how you spend your gravity? Leaving aside the metaphysical for a moment, it's not as though you are going to wake up one morning and time won't be there for you...is it?

What if we greeted time in the same way as gravity...as simply an expression of what it means to be alive? How much would we still be driven to fill the supposed void? How much would we enable ourselves to stop and truly smell the roses, rather than fly by them on the interstate of life, in our hyped-up, revved-up and over-stimulated lives? (Yes, all those descriptors were deliberate).

When we stop in the hustle and bustle of the day...truly stop, and see, and connect with the planet, with life, and with those around us....well then, magical stuff can happen. When was the last *time* you allowed time for something magical in your world? ☺

Connection

I was chatting with a friend this morning and we were discussing the notion of connection.

As many of you know, I am a geologist by training, so I tend to think of things in a more planetary way. I see humans as a species component of the Earth's biosphere as it expresses itself in the present. As a geologist, I see life as something that is dynamic and changing. Life is an integral part of the planet, it is part of the planet, not something that occurs on the planet. Species come and go across the span of geological time. The planet changes over time, life changes over time and they remain in balance...or at least they have done for several billions of years.

More importantly, for the newsletter article at least, is the sense of connection that humans have with their home...the planet. From my perspective we are losing our connection with the Earth. We seem to see nature as something to be used, managed and controlled, but nature keeps her own agenda and plays by her own rules.

When I look at humans as individuals, as a group of cultures and as a global society interacting within the global ecology I see a system that is falling further and further out of balance. Purely and simply from an energetic perspective, anytime a system falls out of balance, it will move to re-balance itself, sometimes in dramatic and potentially catastrophic ways. As humans, we would do well to remember this rule of nature.

Moreover, I see what we do as a fractal of a larger whole. When individu-

als within a group are unbalanced, the whole group can become unbalanced, until some force or event re-balances the system.

Likewise, any species out of balance with its environment will ultimately face its own re-balancing event...whatever that looks like.

When I look at the society that we are creating around us, I see connection everywhere...we tweet, we text, we Skype, we get LinkedIn, we Google and we use technology to increasingly connect each other. We use technology to tell us what we need, what we like and what we are missing from our lives.

Yet it seems to me that in reality all we have achieved is to isolate us from each other.

In the name of expediency, efficiency and speed, we become separated from the thing we most seek: Deep, meaningful connection with others of our kind and with our home.

As humans become increasingly urbanized we have lost the rhythms of nature, we have lost the sights and sounds of nature in our effort to cover the planet with the concrete associated with technological prowess.

So I use this technology in my coaching world...I use a lot of it to meet my clients...

And what is it that most of my clients really want (even though they may rarely actually say it)?

Ultimately, my clients want to be seen and heard and take time to connect with themselves. For one hour a week my clients know that I will

honor them as they show up, however that is for them on the day. For one hour a week my clients get to connect...in a lot of ways.

When was the last time you sat with a friend, touched them, looked into their eyes when they spoke, and listened as they spoke (without interrupting)? When was the last time you felt truly seen and truly heard for who you are?

Right now, as I write this, I am waiting in a car showroom for my car to get an open-hood check-up and to get some new shoes for its feet. There are fourteen of us in the waiting area...not one person is talking to another...me included (after all, I'm busy not wasting my time...see the last article ☺). There is constant marketing going on through the sound system, and there are three large-panel T.V. screens to divert my attention. We have tablets, cell phones, free drinks, salesmen to invite us to see the latest and best...and yet...

We are each sitting here...completely disconnected from each other, from the planet.

So what did I choose in this moment? I chose to disconnect further.

I do not wish to experience the barrage of light and sound, so I put on my headphones and listen to some quiet, classical music, and I write. I chose to opt out of the sheer volume of sensory overload.

I still seek deep connection, I seek resonance with others of my kind.

How connected to the planet and to others of your kind do you feel? How much balance exists in your world?

What do you want to do about that?

“What we know here is very little, but what we are ignorant of is immense”

Marquis De Laplace

Taking a good, long look

One of the things that is important to me as a photographer is to become a hole in the universe and let nature happen around me. When I go looking for a photograph, I never come away with the shots that happen when I simply sit and watch, and wait.

It is said that only the very young, the wise mystics and the avatars can truly see. I am not about to debate the truth of that statement.

I am, however, going to invite you to stop and see. Truly stop and see, something, anything...I don't care what it is.

So here's how it works. Look at some object, anything, and just look. Let your mind and body go, let your eyes relax, let your breathing relax, let your thoughts go wherever...and look.

Keep looking.

Notice the features, colors, shapes, angles, movement, textures...and keep looking. Look past the obvious, not in a judging, deliberate, scientific sort of way, but in a curious invitational sort of way. See the object as though you had never seen anything of its like before, see as though you were seeing for the first time. See what emerges for you to observe. Judge nothing of what you see, filter nothing and open your mind and heart as you open your eyes. Breathe. This may sound silly, but breathe through your eyes, breathe as you look, allow the object to enter your experience with your breath.

What happens to time? Do you notice that your reverie allows time to dilate?

What seems like minutes is probably

only seconds in the real world, but your experience of the "Now" is so rich, so full, that time expands to fill the experience, not the other way around.

Give it a shot. You might surprise yourself.

O.K., so what's the point?

Well for me, the point is time...like I said in the last article, I'm a geologist by training, so I deal in time...

B-I-G time.

So when I really look at something, I see it as a fractal of B-I-G time...I see the atoms that currently form the object at which I am looking, as having existed in millions of different objects over millions of years, and I see the object as the fleeting assembly of atoms that exist in this form for only this moment, and then it is gone. The experience is humbling to me, awe-inspiring, it touches me at the core of my being. It takes me to the source of my being.

Every time that this happens to me, I am so deeply aware of how infinite is the experience of living, and how little we actually do that in our lives.

Obviously, as we grow up, the sensory overload can be so consuming that we simply shut it down...I guess that's why the very young can truly see...they have not yet experienced enough things for the first time to have put any filters in place...for them, everything is new and there are no judgments. For the very young, there is simply what is.

For the rest of us, there are the filters,

judgments, critiques, comparisons, wants and desires that come from a lifetime of experiences.

I can only hazard a guess that the great mystics have let all of that non-sense go, they have uncluttered their eyes and can once again see with the eyes of a child.

So here's the deal: Every time I really stop time, to see something, I am reminded to let go of all the 'stuff' of life I bring with me to the experience, and in those moments I am reminded of just how precious is the experience of 'seeing', really, seeing.

Needless to say, these sorts of experiences change my world view to a degree, even if temporarily, and when I re-enter the world in its more prosaic and mundane form, I am richer for having had the experience of seeing. I am more centered, more grounded, more at peace and more able to 'let stuff go', and 'allow stuff to be'.

My oh so human desire to control and manage, manipulate and direct takes a back seat for a while.

I guess my final comment to round out the theme for this newsletter is that when I step aside to truly see something, time expands to allow room for the experience to happen.

Curiously, when we stop and see, there is all the time in the world.

How useful might that be in how we approach living in the moment?

Thank you for taking the time to read...I'll see you next time. ☺

*"I should like to enjoy this summer flower by flower,
as if it were to be the last for me"*

Andre Gide

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Doorway to Wellness

How well are you?

What does wellness look like for you?

What are the components of wellness in your life?



If you live in the United States, I invite you to find out more about the **Doorway to Wellness Project**, and what it could mean to you, your family, and your town.

Website:
<http://www.doorwaytowellness.org>