



RUMBLINGS AND RUMINATIONS

Sharon Snir Monthly Newsletter

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Triune Healing

Integrating Spirit, Science, and Psychology

Greetings Everyone,



Did you know you can slow down time?

I was neither excited or anxious as I left Sydney at the end of May to live in Israel for two months. The only word I can use to describe how I was Being was open. Open to the journey. The journey which included our daughter's wedding, our five children being together with us for the first time in 5 years, birthdays, anniversaries, hikes in the forests of Galilee, swimming in the Mediterranean, dancing till 4 am in the morning, silent Saturdays, and of course, walking. Tel Aviv is small enough to walk almost everywhere. I walked to the markets, cafes, concerts and to my daughter's home. Occasionally I walked so many hours that finding a bench in the shade of some ancient tree felt like a miracle. Sometimes the heat of the day dripped down my face and I caused me to slip around in my open sandals. But nature does not complain or explain and I began to do the same.

Not wearing a watch for the past thirty years has helped me intuit time pretty well but in those two months I stopped eating three meals a day and began to eat when I felt hungry. I began to pay attention to the details around me in a way I have never done before. My inner witness whispered me into the moment over and over again.

During the days leading up to our daughter's wedding, well wishers told me it would be over before I know it. It wasn't. I not only recall the most minute details of the whole two months, but being fully present before, during and after the wedding led me to experience the happiest time of my life

Like many others, especially in the western world, I have noticed and commented on the speeding up of time. Just by looking at a clock or our wrist watches we interrupt our in-

tuition our inner-sense and step back into the sprint of every day living.

It is not by chance that children have no interest in time restraints. They live authentically and revel in their every creative moment. They have not lost their inner-sense or as we call it, their innocence.

Time slows down when we return to our original innocence. When we listen to the inner witness whispering I Am Here. I Am Now. When we hear the leaf falling from the tree even before we see it. When we taste the salt in the breeze before we see the sea. When we walk our daughter down an aisle of rose petals and feel the softness of every step. Then we have succeeded in doing what appeared impossible.

We have slowed down time.

Until next time

Love and Blessings,

Sharon

