



Rumblings and Ruminations



Newsletter from Sharon Snir for October 2006
www.sharonsnir.com

In this world of multi-tasking doing one thing at a time seems for many, to be a waste of time.

As a mother of five I am pretty good at multi-taking. I can cook, talk, drink and answer the phone all at the same time! However when I do that, nothing gets my undivided attention and the sacredness of each activity is lost. There have been times when one of my children has tried to get my attention. Mum, mum **MUM!**

And only when I hear **M-U-U-M** have I turned around and inevitably said, "There's no need to shout darling. I'm right here!!!"

No wonder they are all experts in rolling their eyes in exasperation.

In this day and age of high technology, where all we need to do is press a button to make coffee, cook a meal, send a message or talk to a friend, no wonder we are doing three things at one time.

It feels however that we are so consumed by doing this and doing that, that we simply miss the joy of doing one thing at a time.

Yesterday, in what initially appeared to be a frivolous moment, I bought I some tiny, tiny tomatoes. Some were no bigger than half a pea. They were all still clinging to the vine.

No one could understand why I had bought them. After all, there we are seven hungry people in my family all wanting a hearty dinner every night. What in the world are we going to do with one little punnet of miniscule tomatoes?

I placed them on the bench in a bowl and watched everyone pick one, taste and nod approvingly at the wonderful flavour and promptly go to the fridge to find something substantial to eat.

I woke up early this morning and walked in the semi darkness to the kitchen. The first thing I saw in the kitchen were the tiny tomatoes. Tenderly I began to pick them off the vine one by one placing them in another small bowl.

Who has time, I hear some of you say?
There is so much to do!!!
There are children, work, exercises,
socialising, phone calls to make and even
more to receive... and the list goes on.

Ever asked someone how are you and they say, oh not too bad?

What does that mean, not too bad?

I think it is code for I have done so much today and nothing has had my undivided attention. Nothing brought me true peace of mind.

The funny thing about having Peace of Mind, is it is a bit like a bunch of flowers. When you have it you begin to smell its fragrance too. The fragrance of joy. The perfume of Joy permeates every cell in your body.

It is the joy of Being that is the purpose of Life itself.

So I ask you, if you were to give up multi-tasking for a period of time today or tomorrow what activity would you choose to do.

It could be as simple as walking up and down your steps paying close attention to every movement. Noticing how you are breathing and feeling the muscles in your body as you move.

Or it could be washing your hands and experiencing the sensation of the water, the texture and fragrance of the soap and the movement of your hands.

It could be reading a bedtime story to your son and sharing a poem with your partner or listening to your friend tell you the same story for the hundredth time as if it was the first time you have ever heard it.

Meditation offers us the same experience. Simply being conscious of how we feel, of our breathing and of the movement in our body. As we sit or lie down for a few minutes

them in another small bowl.

In the stillness of dawn I was not aware of anything besides the activity I was engaged in. A deep sense of peace came over me. My breathing slowed down and by the time I had finished I felt time had stopped.

No meditation of sitting cross legged on a cushion could have given me a more peaceful experience.

How did that happen?

By simply directing the focus of our attention into the Now we can create a gap in the stream of mind chatter that occupies much of our thinking. There are many ways to quieten our minds. However they all have one thing in common. They all require us to focus our attention on one thing and one thing only.

body. As we sit or lie down for a few minutes we slip into a space of deep quiet.

I have a friend who is completely resistant to meditation. She feels very uncomfortable even thinking about it.

Perhaps I'll suggest she buys herself a punnet of tiny tomatoes.

Until next month,

Love and Blessings,



Sharon

[Should you wish to unsubscribe to Rumblings and Ruminations please send an email with 'unsubscribe' in the subject.](#)