



# Rumblings and Ruminations



Newsletter from Sharon Snir for February 2006

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## SPONTANEOUS STUPIDITY

Once we got started stories began to bubble and burst forth.

**Spontaneous Stupidity** had seeped through the walls of the seminar room. Participants of last weeks Seminar II of The 12 Levels caught the bug and before we knew it we were all sharing about times in our lives when we had interrupted some heavy, dense energy with Spontaneous Stupidity.

Naturally I too shared my story.

One day I was feeding the twins, whilst waiting for the potatoes to boil. Gil ( then 22 months) proceeded to throw everything out of all the cupboards in the kitchen, Sheli ( 7) wanted to dress up and was nagging me to get the dress-up clothes down and Orly (5) had found my makeup and was intent on changing the colour of her entire face!

Then Sheli started to cry, and Gil somehow had managed to get a stool and was opening the front door to make a run for it, and here I am with both breast firmly locked in two tiny mouths... and the phone starts to ring!!

By this time the potatoes were boiled dry and I could smell a faint burning smell coming from the kitchen. I unlatched the twins and started to run to dead-lock the front door, and turn off the potatoes. Instinctively I grabbed the box of corn flakes as I walked back into the lounge room where Sheli, Orly, Gil and the twins were all now hysterically crying.

I sat down in the middle of the lounge and proceeded to throw handfuls of corn flakes all over the room. With each handful the level of noise diminished. Eventually all that could be heard was the cornflakes raining down on the now orange colored carpet.

The children looked at me with total incredulity. I invited them to join me and with some fear and trepidation they did.

The rest of the afternoon was joyfully spent seeing who could pick up the most corn flakes in a certain period of time AND then giving prizes to the winners. We were all winners that day.

The events we experience in life can and often are, challenging and difficult. Ailing children, aging parents, financial struggles, loss of loved ones, relationship breakdowns are all be very painful parts of life. However, even in their darkest moments I have witnessed people doing or saying something totally Spontaneously Stupid which instantly shifts the dark, dense energy into light heartedness and possibility.

We all tend to take ourselves and life so damn seriously, don't you think? We really care what our friends say about us and when we are told someone said this or that about us, even if it was said in love or jest, we can feel slighted and hurt.

We want our colleagues to think highly of us and we worry if we have slipped up and made a mistake ( heaven forbid!!).

Few of us can take being teased (my husband continues to do his best to tease the seriousness out of me and occasionally he succeeds).

No one could have told me that an act of Spontaneous Stupidity could have turned a despairing situation into a golden memory. I have shared this story before and yet each time I do, I know I am simply trying to get my own attention. I am reminding myself to walk more lightly, to recognize the significance of the moment rather than getting caught up in the appearance and to allow that part of myself, the part I call Spontaneous Stupidity, the freedom to step forward and shine.

Yours in

**With Love and Blessings,**

Sharon

**Spontaneous Stupidity**