

Riding the Waves of Coming and Going

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from. - **T S Eliot**

I've been thinking a lot about change lately, though that's not really a change. At the council David took time to list "comings and goings." From where I sit it's clear we're active with both all the time. I feel we must note them with all their poignancy, but also look to see them as just another day on a moving, tide swept planet. I think, "We're in the change business," and likely you know about that all the more. I for one invest a good deal of energy at maintaining a routine that grounds and stabilizes, while realizing that this foundation sits on a board floating on the waves of comings and goings. Life in community seems to mean finding a way to not only ride the waves of our own life changes but also those of the others floating with us in this sea of change. The more we pay attention and the more we care, the bumpier the ride can seem. So I return to the focus on finding my own balance, on nurturing resiliency, on keeping my eyes out on the horizon of what's coming and on preparing to be surprised. Riding the waves of coming and going I hear myself saying, "oh my," "yippee" and "of course," sometimes all at once. (This assuming my own head is not churning in the surf.) Can we simultaneously grieve, accept, and also celebrate?

How do we bridge our sense of dis-ease with what's just happened to feeling it being just what was needed to happen, or even, to the understanding of it's just what happens? Up close change can be all right angles and jagged adjustment. Where is up and how will we find our way back onto our feet? If we pull back a bit we can try to live more in the circle, in the spiral and the sine curve, knowing each trough will eventually lead to another crest. (From my practice comes the deep knowing that as one breath is ending, the next is already begun.) Can we live securely in the knowledge of someday being becalmed, or build our reserve of courage for the day our surfboard might get swamped?

And so how again do we keep steady on the swells of coming and going? It has to be, both literally and figuratively, with eyes up and open, with flexible and strong legs, and a strong awareness of our physical, emotional and spiritual centers. With life in community, the coming and going is both inevitable, reliable and a source of ongoing change. Yet, as many can attest, it can be a place where we never have to feel too alone in the challenge of keeping balanced and enjoying the ride.