



Vacation at a Distance

August 2019

I wear one contact so I can better see close up. They told me when I had Lasix eye surgery years ago that I probably would soon need reading glasses. Not exactly the news I wanted to hear for sure. Anyhow here I am using readers!!!

The one contact is great for my day to day life as I am often reading and am focused on details. The side effect is that one eye views the distance and the other sees close-up. Pretty tricky huh?? Even more magical is that my eyes attempt and even master this trickery. We are truly amazing beings!

However, as I look around the little valley we are camped in, I look to the distant mountain-side to see what nature wants to show me, I find my vision unreliable. I can't quite make out the bear over there and is that really a person fishing right in front of our tent?

I removed my contact and took another look. The fisherman was a tree and the bear was a bear, a long ways away, but a bear none the less. Reminded me of the saying, "We often can't see the forest for the trees", attributed to John Heywood 1546.

I believe vacations are for that, a time to take off the contacts, look away from the details and see what you can see. The world is bigger brighter and more promising than we can get caught up in. All the minutia of day to day life, the details can keep us so busy we forget that we can choose to see the forest too.

Yoga practice is like that for me too. I can get laser-focused on are my feet parallel, are my shins hugging in, am I smiling, am I breathing that I will forget to appreciate the artistry of the entire practice. It can seem like I am stuck the "trees".

I love that we are reminded in yoga that it is in the details where the big picture resides. If there are no details (Trees) there is NO pose or practice (Forest). I must tend to the minute details so there is a forest. Keep tending and it will grow. The invitation is to remember to LOOK UP AND OUT to see and enjoy it.

May your day be filled with moments in which you look thru the eyes of vacation, the eyes that are seeking and appreciating the beauty of the forest and the trees,

Bonnie (and Spot)

