



How I Wonder What You Are

December 2020

An Invitation to Emptiness

Hi

Welcome to the end of 366 days (yes, 2020 has also been a leap year).

This year, human species as a collective whole became challenged in unfamiliar ways. We started to stretch in ways that certain sections of the human society in recent generations, hadn't. We adapted, adjusted, figured out, didn't figure out, mourned, lost, loved, connected, reflected, surrendered, shared, and more.

As we close this calendar year, and transition to the next one, I wish to extend a different invitation. To myself. And to you.

AN INVITATION TO EMPTINESS, SO WE CAN FEEL OUR FULLNESS.

That we generously drop as many doings as possible, and to move into more being, for a brief period.

Maybe some of us can manage this for a few days, some a little longer, but let us open up to this possibility, helping our whole selves, rest.

Not the forced rest of the lockdown. But the rest of generosity that allows us to be kind and gentle to ourselves.

To tune into this, I share with you quotes and extracts that can inspire us to move into this emptiness. And from that space, feel ourselves.

PS: Please do not forget to read my little note at the end of this newsletter.

"The butterfly counts not months but moments, and has the time enough" - Rabindranath Tagore



I observed that when I am in a rush, or am feeling overwhelmed during my daily actions, it is almost always when I have moved out of myself. Into the past, into the future. The minute I return to my body and feel it, there is time enough. I guess the butterflies truly savour both their beauty and their life in each moment, having time enough.

May this be an inspiration that as we start to empty, we strengthen being in ourselves.

"Nature does not hurry, yet everything is accomplished" - Lao Tzu



This year offered me more opportunities to sit by my window first thing in the morning, spending a few minutes witnessing the waves, the ebb and flow, seasons, sunsets, birds, and many beings, just unfold.

They do so with an inherent knowing and trust. Their work indeed done, as it should be.

Maybe we can wake up each morning, observe trees, birds, just the sky, for a few minutes. Tune to their gentle rhythm, and in doing so, set the pace for our day.

"I would like to spend the rest of my days in a place so silent - and working at a pace so slow - that I would be able to hear myself living" - Elizabeth Gilbert, The Signature of All Things



I loved the part 'hear myself living'. It felt like there is music there, in my living, I might be missing often. How do I sound, while living life?

Maybe we can invite ourselves to this quality of hearing, as we empty, as we slow down.

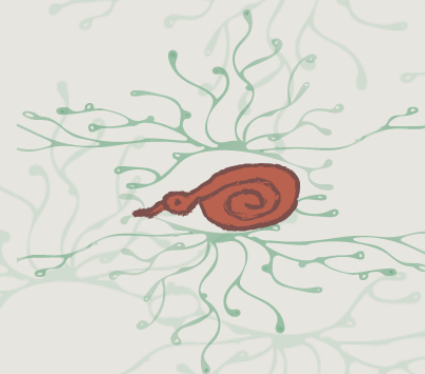
""People think focus means saying Yes to the thing you've got to focus on. But that's not what it means at all. It means saying NO to the hundred other good ideas that there are. You have to pick carefully. I'm actually as proud of the things we haven't done as the things I have done. Innovation is saying NO to thousand things" - Steve Jobs, from Tribe of Mentors by Timothy Ferris

This definition of focus resonates with me deeply. Here is our invitation to say those NOs, picking carefully our essentials, so it can offer us emptiness and rest.



""Have patience with everything unresolved in your heart and to try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer" - Rainer Maria Rilke, Letters to a Young Poet

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""For the birds who own nothing - the reason they can fly" - Mary Oliver, extract from the poem 'Storage'

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SEE YOU LOVED ONES, IN FEBRUARY 2021

I began writing and sharing from March of this year.

This became the foundation of my blog, www.howiwonderwhatyouare.com that I published in November 2019.

Many of you offered me your thoughts on my posts - through Facebook, emails, whatsapp messages and even phone calls.

It taught me so much, has been giving me immense joy, and gifted me companions on this journey.

Thank you.

In aligning to this INVITATION OF EMPTINESS and rest, I am taking January to slow down, and attend to certain essentials and myself.

I shall return to my writing and sharing from February 2021.

Until then, you will each be held in my heart with love.

Wishing you a nourishing time with yourself.

A big hug

Anjan

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