

I might have expressed this idea previously, but after a lifetime of intellectualization, I am wont to reinforce it: "I am so tired of trying to make everything make sense."

The following quote from Treya Wilbur eloquently and simply expresses a deep truth:

"Sometimes life just doesn't make sense, try as we might to make sense of it. Sometimes all we can do is help each other out gently, without judgment."

Treya Wilbur from Grace and Grit

As I continue to embrace this continuing experience I call life, the voice of my Heart becomes more dominant than the voice of my intellect. I become guided by the Spirit rather than the mind. There becomes a flow to life rather than a series of choppy, jarring steps.

And so, here I am letting go again.

I am recalling another brief quote which does not seem to have a logical connection with the above, but to me carries much of the same flowing energy. It might or might not resonate with you.

"What I hope to be true is that if we go about it the right way, we can take back a lot more than we think we can. If we could all make an effort to let anyone take back anything, if it's in our power to let them take back instead of jumping so greedily at mistakes, we might be able to make life much more pleasant. We might even be able to find a way to go backward in time and patch up what now looks like irrevocable blunders. Letting friends take back chess moves would be as good a way to start as any."

Mark Vonnegut, The Eden Express