



I Have Noticed, by Melody Anderson

I have noticed that emptiness is just another word for spaciousness. I have noticed that attachments, like anchors in the water, may give you a feeling of being safely anchored. But they sure keep you from discovering what lies beyond the horizon. It's a choice, isn't it? Or did we forget? And I have noticed that beliefs work like blinders on a race horse. They keep you focused in a specific direction. This can be great as long as you have a destination in mind. But, what good are blinders when you are grazing in a beautiful meadow on a crisp, clear spring day? I wore my blinders so long I forgot I had them on! Ah, spacious meadows... What a wonder, even in the midst of a storm. Awesome. -- Melody Anderson

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