

Recapturing Innocence By Kathie Brodie
July 2008

Innocence. What does that mean to you? And how about awe? Can you remember a time in your life when your whole attention for that moment was focused on something, anything, any one thing? What was it like to see the colors and the texture of a butterfly wing, or hear the hum of a hummingbird, or enjoy the perfume of a rose and feel the velvet of the petal, and then let that experience be your entire focus for as long as it took, as long as you allowed it to take? What would it feel like now to step away from the computer, put down the cell phone and simply enjoy? Can you get in touch with that special place inside yourself where you store those memories? It exists in all of us. It may be hard to find, but it exists. If you need confirmation, just watch an infant see a snowflake for the first time or feel something fuzzy or smell something lemony. They do it with all their heart.

Get back in touch with that special place just for the sure joy of it. Wonder what it would be like to experience innocence or awe again, then do it. Find that place inside. If you can't find it, that only means it is packed away, buried, hidden, hidden perhaps behind social conditioning, behind what you were told by your "everybody". Once you start believing your "everybody" you run the risk of moving away from your own inner sense of who and what you are. Examine your "everybody" and make a decision on whether you should let them dictate to you what you believe. Who are they? Name them. Only then do you realize that "everybody" is a finite number and there are usually many more on the side of the ledger marked negative than there are on the side marked positive support. Why, then, would you believe them and let them dictate to you? You have the power to change that. Just for today, suspend judgment of yourself. Turn off the wireless communication from your "everybody" and simply enjoy. Enjoy the gift of life itself, the sunshine, the birds, the spring flowers, the angel that lives inside each of us. We are all worthy. Let your heart sing that song, and dance like nobody is watching.