

# As Is

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Millions of people are trying to find themselves. With eyes peeled back, and smiles of hope projected across their faces, one after another they trudge through the muck of culture and society searching for meaning. An unreasoned journey indeed. Most often, people end up befuddled by the journey for true purpose. It is not that their eyes are not open. It is not that positivity is not radiating from their faces. The trouble with so many people's journey is the direction in which they are looking. One cannot find oneself "out there." The suchness of who one is does not exist in the external world. There is no journey that needs to be taken. Simply, one must look inward.

Fear is like a cinder block tied to the ankle of a person trying to keep their head above the surface of water. Each moment succumbed by comparison, self-doubt, and uncertainty increases the weight of the cinder block. Thrashing, yelling, and projecting one's own fears at the external world does not promote buoyancy. One must look inward with acceptance and gratitude and let the innate ability to float take over. Breathing in, one must accept the uncertainty and impermanence of human existence. Breathing out, one surrenders to the universal ability of humans to float. Treading in the sea of fear, and love, one comes to understand what Alan Watts meant when he wrote, "We thought of life by analogy with a journey, a pilgrimage, which had a serious purpose at the end, and the thing was to get to that end, success or whatever it is, maybe

heaven after you're dead. But we missed the point the whole way along. It was a musical thing, and you were supposed to sing or to dance while the music was being played.”

Paradoxically, surrendering to the weight of uncertainty invokes one's implicit resiliency. Encompassing oneself with the present moment, which is all one ever truly has, breaks the chains of fear. Most fear does not exist in the present moment. Anticipatory fears that exist in the future are non-existent and serve only to weigh one down. Accept those fears, and the challenges that come along with them, but as they come. Continue to keep one's eyes peeled back in awareness, as each moment blends into the next. Burgeon one's smile by embracing the dance, as to not dance ahead of the music, but in sync with the music. Do not reach for meaning, embracing oneself is the meaning. Bottommost, remember that all humans are good enough, as is, and not to let the stressful inducing distractions of the mind's eye dictate the momentary experiential dance of the sensorial eye.