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## **Be-Coming: The Present**

The wonders and joys of **being** human

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1. Note from Rikki

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### **2. Essay for the Heart: The Present**

I've been having problems with sh!t, as in I'm having a sh!tty day or I feel like sh!t. I'd done a visualization about some cast off part of myself, that's making noise down in the basement. I went to see what was down there only to discover a pile of sh!t. Yuck, I didn't have much sympathy for it.

The next time I did the visualization, which was after I'd felt sh!tty again, when I went down into the basement, I actually felt some compassion for the sh!t; I had empathy for how it felt, how rejected it must feel. I decided to talk with it and see what it had to say, maybe it had something valuable for me.

I brought it upstairs but it kept bothering me. I told it to go sit someplace quietly and turn into compost; then it could talk with me again. I'd heard Elisabeth Kübler-Ross say that it was every parent's responsibility to give their child a bag of sh!t and it was the child's responsibility to turn the sh!t into fertilizer to put on their gardens and grow flowers. Well that is what I would do.

I've tried to get rid of this stuff before. In the last go round, I had an image of a stainless steel vat, that I scrubbed down, clean as a whistle only to have the sewer back up. I called in the virtual Roto-rooter to clean the mess and install a tight cap to prevent future mishaps. You can see this stuff (some people refer to it as the shadow) is persistent and hard to get rid of.

I was determined to solve this problem so I turned to a favorite source, a book, this time *The Power of Now* by Eckhart Tolle. His words, "The more attention you give to the past, the more you energize it..." I'd read this before but never fully understood it. I had some energized sh!t on my hands!

Back to the present, while talking with a friend about this problem, I realized that the sh!t had composted and that mushrooms were growing on it. They count as flowers don't they? And the sh!t did have something valuable. Eureka, I can let go of this composting business, sorry you'll have to find another source for mushrooms, no more deliveries thank you. The past is gone and I'm moving on to a different business, in the sunshine, this time.

Tolle says, "deal with the past on the level of the present.... You find yourself by coming into the present."

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The Fine Print

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