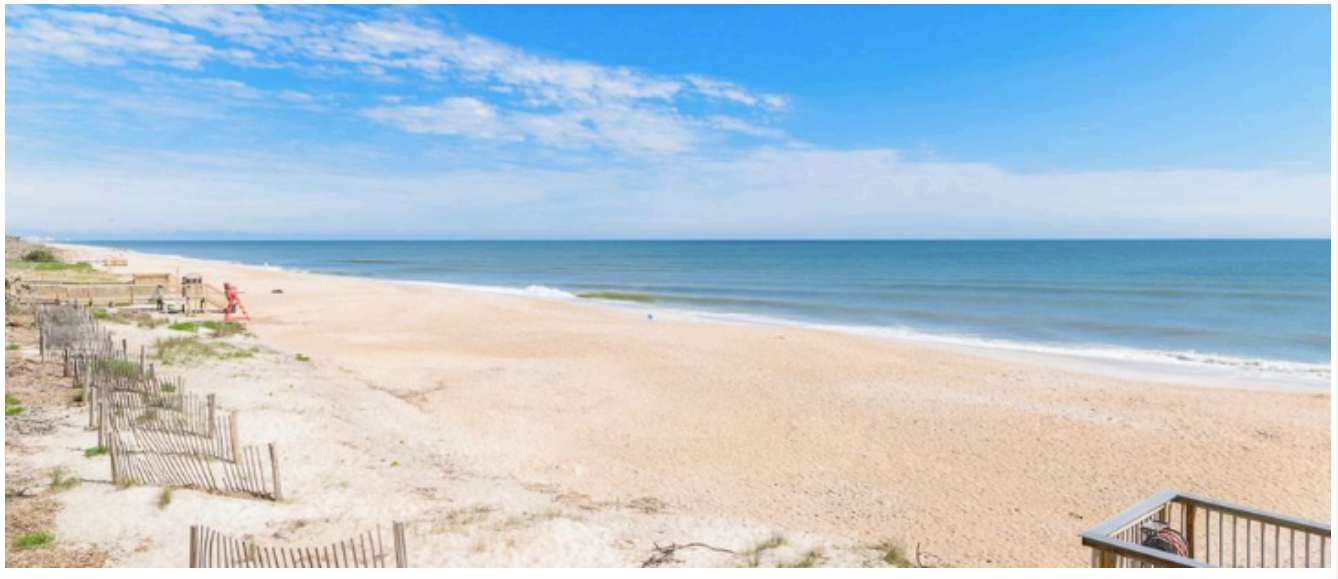


REFLECTIONS UPON SUMMER 2019



Mari Carmen and I tend to go to Lérins abbey, where we enter into a three-day silence. This year, we decided not to go there, but we had some days for ourselves to think and reflect nonetheless. Hereunder, I share with you some of my ideas:

1. The importance of focusing on the present. Some people linger in the past or constantly worry about the future, thus feeding the ego (I was this, I did that, I will achieve this soon, etc.), but at the same time, this tendency (not very productive), takes away the pleasure and peace of consciously and solely focusing on the present. Few people truly know that state of mind; to listen, absorb and embrace their moment, without external thoughts or worries interfering.

2. The importance of taking care of our thoughts. Fear and stress also deprive us from health, well-being, and peace. However, these two many times originate within ourselves, and we create parallel realities that nurture our fear. Thus, the importance of fostering, plainly and consciously, positive thoughts, along with cultivating values, such as faith and trust, to overcome fears. Like my friend, Mother Adriana, says: Everything is in our mind.

3. Planting what we want to harvest. There is a series of factors that alleviate our life crises: our faith in God, tenacity, discipline, and order. All of the above forge our character and temper; our capacity to build sincere and long-lasting relationships; our fondness for sports; our love for nature; and, of course, the family we have built through time, as well as the way in which we have procured solid bonds within that family. The love we have planted will be the one we harvest and the one that will carry us through difficult moments.

There are those who pause in life to reflect and those who deliberately refuse to stop. My friends, Gerardo and Maruja Cándano, used to talk about the importance of paying attention to our bodies and taking care of them before it is too late.

I would like to wrap things up with a poem shared to me by my friend Javier Millán long time ago.

SLOW DANCE by David L. Weatherford

*Have you ever watched kids on a merry-go-round,
or listened to rain slapping the ground?
Ever followed a butterfly's erratic flight,
or gazed at the sun fading into the night?
You better slow down, don't dance so fast,
time is short, the music won't last.
Do you run through each day on the fly,
when you ask "How are you?", do you hear the reply?
When the day is done, do you lie in your bed,
with the next hundred chores running through your head?
You better slow down, don't dance so fast,
time is short, the music won't last.
Ever told your child, we'll do it tomorrow,
and in your haste, not see his sorrow?
Ever lost touch, let a friendship die,
'cause you never had time to call and say hi?
You better slow down, don't dance so fast,
time is short, the music won't last.
When you run so fast to get somewhere,
you miss half the fun of getting there.
When you worry and hurry through your day,
it's like an unopened gift thrown away.
Life isn't a race, so take it slower,
hear the music before your song is over.*

