

“IF THERE IS A LAKE, THE SWANS WOULD GO THERE.”

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This is what the great Tibetan lama, the 16th Gyalwa Karmapa, said when asked why he visited America.

That statement has meant so much to me over the years, because it sent me a message to stop looking for something I want outside myself, like looking in other places, in other people, and for other times (sometime) for something I can only give to myself. And there was a correlate that came with it:

Instead of always looking for an ideal time or place to be, it is much easier for me to make a lake such that the “swans” would just naturally come to it. It just takes time, care, and love to create an aura or space that is a refuge for myself and others from the storms of life.

Like the great Michigan songwriter Robin Lee Berry wrote in her song, “Bloom”... “Everyone is looking for a safe place to bloom.”

Hear this remarkable song for yourself and have the experience:

<http://www.youtube.com/watch?v=NaTxU7mccnw>

It is much easier to create the environment you seek than it ever will be to find it. If you do it with all your heart, the swans will find their way to it every time.

This is what practicing meditation is all about for me, learning to make way or make a little space for myself to be in the otherwise rush of time.

Take time to make time.

Time is something we make if we want to. The kind of our activity creates the aura that we have around us, the space we live in, our living room. So....

Make a lake!