

WAITING FOR THE ECLIPSE  
June 15, 2011

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It seems everyone is waiting for the eclipse, including this little fly that I observed this morning.

A few final words on eclipses: If you are looking for something to happen just because it is an eclipse, you will not find it. It has already happened and is happening now. What you might want to adjust is your awareness.

For example, I notice that it is kind of a “jangly” day so far for me. I found myself trying to shake that jangly feeling off until I realized that what I did need to do is to be aware of the jangle and relax into it. The tendency is toward expectations and expectations always disappoint.

JUST RELAX AS IT IS.

That is what I am telling myself.

