

Mindfulness with Lucy

Week of 2 Jan 2023: *In the new year, let's give ourselves the gift of space*

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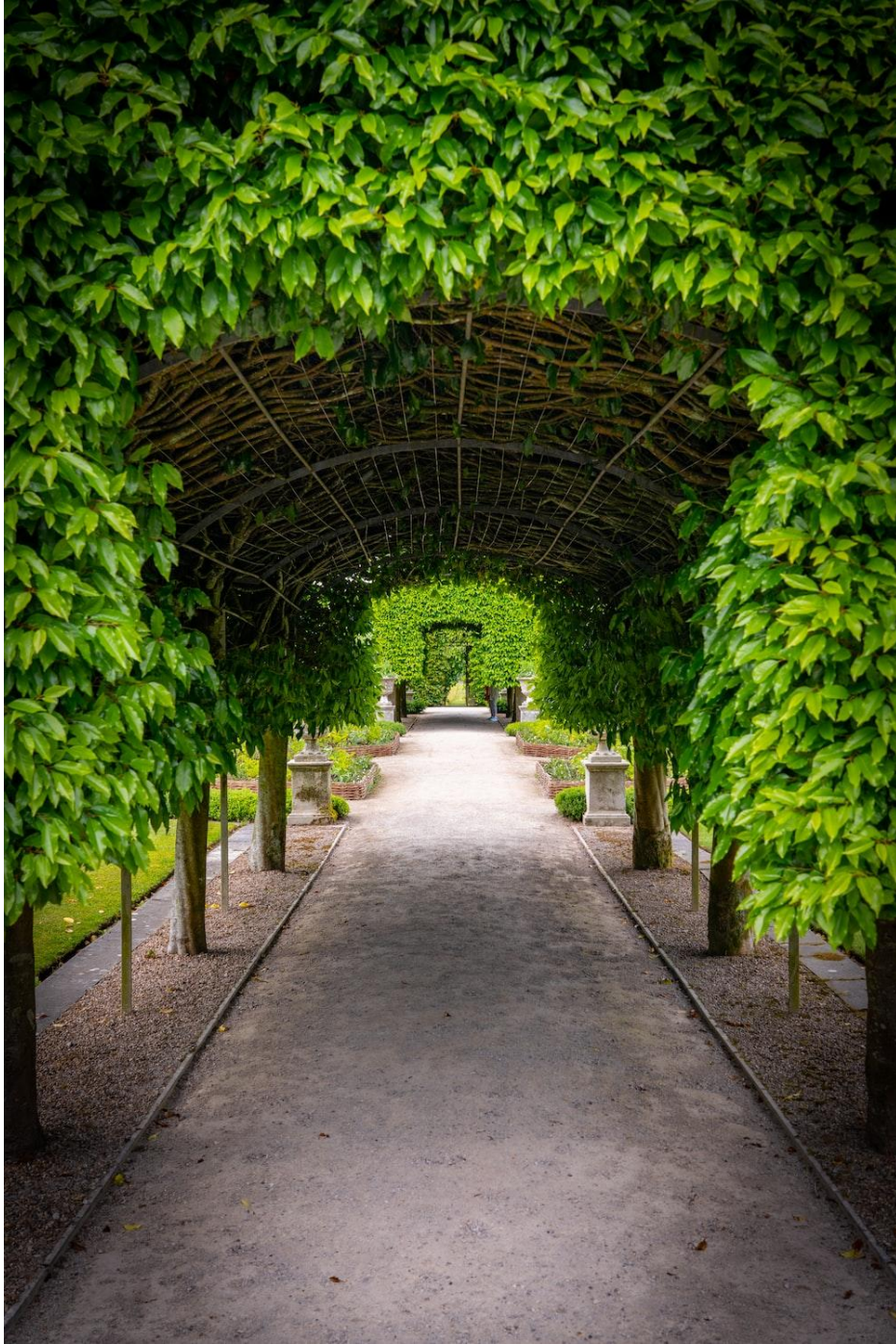


Image by [Jonny Gios](#)

Within yourself is a stillness, a sanctuary to which you can
retreat at any time and be yourself.

HERMANN HESS

Dearest friends

Here's a rather mind-blowing 'fact' - the entire human race could fit into a cube of sugar if all the space *within* every human and *between* them was removed!

In other words, our perceivable universe is made up almost entirely of space. This is also true at the subatomic level where almost all the mass of an atom is concentrated in its nucleus. The rest of it is an electromagnetic field populated by electrons that are of infinitesimal mass and in constant probabilistic motion i.e. they can express as particle or wave! Put simply, the amount of matter/mass compared to the amount of space in the universe is infinitesimal i.e. negligible!

So, why am I bringing this up?

To talk to you about the importance of space.

What we think of as 'space' occurs in many 'places'...

Between musical notes, without which you would not have a melody but only a jumble of notes all happening at one time! The French composer, Claude deBussy, who died in 1918 said this about music:

Music is the space between the notes

Between the heavenly bodies. The sun, the earth and the moon keep a respectable distance between themselves. The sun, our closest star, for instance, is 93 million miles from the earth. It takes 8 minutes for light from the sun to reach the earth! Imagine if there was no space between the sun and the earth...!

Between atoms which are the 'building blocks' of all matter - solid, liquid and gas. If there wasn't such space, all of matter would have compressed into infinite density that science refers to as a singularity - from which the 'Big Bang' was supposed to have occurred!

Between heart beats, the absence of which signals physical death!

Between the earth and the sky which we typically call 'air'!

Between trees and the leaves on trees and between every naturally occurring perceivable object.

Between our fingers and toes and between the strands of hair on our head and our body.

Between the thoughts that stream through our mind, if we pay sufficient attention to the flow.

Between the words in a piece of text

Between the words that we utter and between one person's words and another

Can you imagine a world without space? It's hard, right? Yet, to all intents and purposes, we often forget the criticality of space! For instance...

Do we allow space In our consumption of information?

I wrote about this in my last email but briefly, when we are consuming information at the rate and constancy at which it is available on social media, TV, the internet, email and so on, we are in morbid consumption. We don't give ourselves time to attend to information in a healthy way, in a way that serves us rather than enslaves us.

Do we allow space In our conversations?

I have heard people talk almost without drawing breath! Their voices and words dominate the air waves. They give others no space to join in! And they hardly ever listen to others other than to wait for them to stop talking so that they can continue speaking!

When we don't allow space in our conversations, we tire ourselves out and we risk tiring others out! When others start to lose interest in what we have to say (even if they appear to be politely listening), we subconsciously pick up this 'withdrawal' and interpret it as a lack within us.

When we don't put enough space between our words and our ideas by speaking fast, we overwhelm others not just mentally but physically! Of course, there is a time and space to speak fast (or very slowly), or should I say, to vary the tempo and rhythm of our speech. This helps to sustain interest, to be kind on the ears, and to give time for people and ourselves to actually hear and process what we're saying.

Do we allow space in our internal chatter which we can do by getting still and getting present?

I believe that our lack of attention to (rather than absorption in) our internal chatter drains us especially because a significant amount of our internal chatter is not affirming!

When we don't allow space in our internal chatter, we don't allow for the insight that comes from within that space! You'll be amazed how much insight and wisdom emerges from being present and witnessing, not to mention the joy of curiosity it arouses! This is true of external chatter too!

What a gift curiosity is! No, not idle curiosity - the kind that wants information so that we can put people into boxes for our own sense of 'safety' and 'control' or that gives us something (more) to talk about. The kind of curiosity I'm talking about here is the child-like curiosity of genuine interest, of wanting to discover its/our world, to see it as it truly is, not as we have learned to see it...And in the case of the curiosity that arises out of the practice of observation, it leads to insight...including solutions to problems we've been trying so hard to 'figure out'!

Do we allow space in our living places? Do we keep things tidy, organized and harmonious? Have you noticed the space in art galleries and museums? In hotels and hotel rooms? In beautiful gardens and parks? Doesn't it feel so good to be in those places?

Do we allow space in our relationships? Do we really listen to each other? With our hearts and not our heads? Do we allow ourselves and each other time out, to be on our own, to do what we want to do on our own without the other feeling abandoned or insecure or envious? Do we honour their right to their opinions and beliefs or do we insist on being right?

Space is so critical to our wellbeing, our inner peace and tranquility and our creativity. When we deny ourselves such space, we effectively strain ourselves. We add to the constantly building pressure and tension within us. How will we release this if it is forever building up?

Dear friends, this is my first email to you in the year 2023 and I am talking about space - internal and external space, physical, mental and emotional, visual, auditory, tactile and even gustatory!

(In the case of the last two, I am sure you can appreciate the sensorial overload that would result if we did not keep at least some part of our body exposed to the air around us or the discomfort we would experience if we put multiple flavours of food down our gut in a single meal without a break...)

Allowing space in every aspect of our lives is so critical to our wellbeing and yet, we have learned to do the very opposite - to crowd our time and space with people, objects, activities, information...

The start of a new year is always a good time to recalibrate, to re-view, to become more attentive, to start afresh.

Of course you can do this at any time, but the start of a year is auspiced by our global transitioning from the old year to the new. It is a wonderful opportunity to think about how we can allow space to graciously and tenderly interrupt the accumulated chaos and stress we have carried, replacing it with its nurturing, healing and creative qualities!

You see, space is not 'empty', rather it is filled with potential as yet to be realized. When we crowd out space, we crowd out potential, we suppress it, we do not give such potential a chance to express itself in, as and through us. Instead, we keep drawing on the same, limited resources that have long gotten tired and irrelevant. We don't have room to grow, to expand into the fullness that we naturally are!

Dear friends, I invite you to grow into the spaces that you have thus far crowded out with activities, people, objects and information. Less is indeed more. Less of the material often allows room for the spiritual...

Happy New Year everybody and may it be 'filled' with plenty of space!

Are you in?

Contact me for more information

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

Contemplate

Space is big. You just won't believe how vastly, hugely, mind-bogglingly big it is. I mean, you may think it's a long way down the road to the drug store, but that's just peanuts to space.
DOUGLAS ADAMS

Pause. Take a deep breath...

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to you? In truth, everything benefits us as we are all in a web of interconnectedness!

Right now...I am appreciating the freedom to express feelings of love...

Prayer for the World

'No thing' is what I am by nature, yet I identify with many things and lose myself in the clutter and chaos of these things. In this new year, let me allow the space of 'no thing' to fill my bodymind so that it expresses more and more of the boundless, blissful and radiant self that I truly am! May it fill all aspects of my life including my relationships, my living spaces and my conversations.

And so mjoyay I allow more space into the world for its healing and mine, for its joy and mine, for its greatness and mine!

**You are loved. You matter.
Life recreates you moment by moment!**



If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).

This weekly message was produced by Lucy at
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