



Session 11 – Seasons

When we go into nature and we look at all of the beauty around us, most people absolutely love the seasons. You've got the winter when the snow comes and all the trees are bare, going into the spring where it all starts bubbling and blossoming, and then summer, bam, full bloom. Then into the fall, the autumn where the leaves start changing colours again and once again start falling from the trees.

It's something that we all enjoy so much. We enjoy our autumn walks through the leaves, making the noises on the ground. We see the spring coming and we can hardly wait for everything to burst out. And we know in the winter that everything's resting and doing its work before it comes out. And in the summer, it's like, oh, wow, you know, that's party time.

All of these seasons we love. Yet when we have these seasons ourselves, there's incredible judgment. It's a wonderful thing to reflect on for ourselves that as a human being, you also will be going through seasons. And to start to observe through the meditation practices that you're doing in which season you are actually at that moment. The seasons don't have to be at the same time as the seasons, of course, of nature, sometimes they can also go quick. And sometimes, depending upon the projects you're doing, in that project, you'll be in the winter. But in that relationship, you'll be in the summer. And in that one, you'll be in the fall.

Now, what do we really mean by that? It's again, learning to observe without judgment. Just another lovely angle. Sometimes when you're not feeling the motivation and you feeling sort of sluggish and you think you really have to push yourself at that moment. Well, nature doesn't do that. Maybe that's just the winter. Maybe it's just a period that you can let yourself be, because the more we let the seasons happen, the more we learn how to create from the energy that is flowing through us without forcing ourselves. And if you keep pushing yourself on the terrible pressure when you're in the winter to be in the summer, it's not going to happen.

Does that mean that you give up on projects and you can't produce things? Not at all. It gives a certain kind of acceptance of the period in the season that you're in. So also working towards that goal that you have, you observe the periods, the toil that has to be done with the soil - but in your life - and you enjoy those moments. And then once you've got there, you don't rush on to the next season. But you enjoy the summer after you've been looking at the blossoming of the spring. And then before you know it, you're moving back into autumn and you don't regret that the summer is now not there anymore. But you move gracefully into autumn, gracefully, and you enjoy the changes that you're noticing because that's what observation does.

You observe that things are changing all the time and you get a great acceptance of them. You don't try and control the seasons because can you imagine that I would be trying to control the

sun that is revolving around me and the and the clouds and the way that the weather's changing and the wind when it's coming at me, if I would try to control that. Then you'd consider me mad because, you know, I can't. So why are we trying to control ourselves all the time in that fashion? And why are we trying to control everything that's happening all the time instead of observing what's happening, feeling in which season it falls, letting it be as it is and creating from that energy? Because it doesn't mean that everything comes to a standstill.

Every season has its meaning and when you look at everything you're doing in your life from that perspective, it will give you so much more room because you'll feel and understand it's not an intellectual thing. Notice that everything is actually quite in harmony as long as you're not trying to keep control over it all the time, because that is what brings so much anxiety and fear, not having the control. Let that go and observe the seasons.