

Life is a Balance

Life is a balance. It is a continuous tension of push and pull, of give and take. This is what I feel consistently. If I sit down to ponder or plan my immediate future, I feel it. This tension asks of me to reflect on what I have just done or to reflect on yesterday. This “pulls” on me to go back and daydream what I could have done differently. Yet it does not avail me any great importance if I were to choose to stay there and not go forward. Yes, what I did yesterday was important. Did I learn something from it? What will I do differently the next time?

Then I face towards the future and I feel this need to “push” forward. The push is definitely a sensation that I must reckon with, because I have to push the inertia and the fears out of the way to effect any great motion or changes. Yet forward is where I have to go. I compare this give and take, this push and pull to a, yes, a kayak activity! In a kayak one feels the sways and turbulences of the river [“of life”] and must keep a special balance to have fun!

This moment right now to write this and contemplate is a golden gift of time I have chosen to give myself. Today we Writing Fellows carved out this special time and event to pause and share.

By Sonia Varra