

# Patrick's Ponderance:

## Same Experience Different Expression

Often, as I sit down to write my articles I have no more than an idea about the subject to be pondered. I receive the inspiration for the subject matter but choose to allow Spirit to run through me for the body of the work as my fingers touch the keyboard. As I sit here on a cool rainy morning my eyes become dreamy for a moment. My mind is drawn to one of several conversations that Lisa and I have had about how the experiences she and I have in our private lives teach us how to help others. Now she and I are said to be twin-flame energies.

We travel through our days with a definite theme to our work and a shared goal on how to achieve it. If you dear reader, have had the opportunity to know us personally, you will see that we are very similar in our purpose and at the same time very different in our reaction to experiences. My beautiful wife is much more dramatic and emotional and I am deliberate and slow to react. Often her first reaction is a passionate display of emotions and mine is to stop and feel the situation from all angles. She has an amazing way to perceive the beauty of nature with the eyes of a child. Gushing over the tenderness of a flower or the leaves of autumn, camera blazing, expressive words flowing from her lips. I am more apt to simply observe the same scene from a distance, taking it all in in silent contemplation. She is the life of the party with a loud voice and dramatic stories. By contrast I will often sit quietly and observe the interactions around me, choosing my conversations deliberately. Lisa will make friends instantly with a stranger but I will take my time, choosing instead a period of observation of a newbie, feeling their energy before I let them in. Sometimes she is surprised at the turn these friends can take and I will say, "Yeah, I saw that coming"!

One may wonder at this time where I'm headed with all of this. Well, it just so happened that Lisa and I were conversing with two beautiful young women whose relationship to each other was a perfect reflection of the one shared with the wife and I. One woman chooses to experience life with the spice of emotions and the other through steady observation. Both are an enigma to each other. Sort of polar opposites if you will. Sharing experiences but with totally different reactions. While having a fun time, the first girl is bouncing up and down with smiles and laughter while the second girl moves steady with a modest grin.

Now I fashion myself an observer of human nature and I see this scenario playing out in relationships all the time. Sometimes it's romantic, friendships, co-workers, neighbors, etc.. Too often we feel the other person should behave as we do and react as we do. Often a wife or husband will be outgoing and expressive with situations and if the spouse isn't, it's perceived that the spouse is uncaring and detached. The fact is that more often than not, two opposite personalities can have the same

appreciation for an experience but choose to express it differently. In a world without judgement of others, there is nothing wrong with either person. They are who they are. They came into this world hardwired this way or through their experiences they have been molded to react in these manners. Once we release our expectations of how the other person should be, many conflicts will dissolve. In reality, our reactions to events are not right or wrong, they are just simply our way of interpreting our world. Your reactions need not have an influence on me and mine do not have to have any influence on you. We all are simply observing life through our own lenses of experiences and no two are going to be the same. It's perfectly OK to watch someone's reaction but not get involved with their drama or lack thereof.

So to wrap this whole thing up I'd like to point out that if you follow me as I ponder these ideas you'll notice that I like to ramble on about judgement. I do indeed feel deeply that a good foundation in this area can relieve much stress in one's life if so desired. I find it to be a great benefit to be as attentive as possible to how much I am judging situations as well as other people's behavior. Often when it has nothing to do with me. If I can remain an impartial observer I discover that not only is it more peaceful for me but I'm able to give people a break and love them through their experiences. As an added bonus I give to myself the marvelous gift of learning from their encounters without having to live the same drama. Oh, and by the way, living in non-judgement means you're living in neutrality and any guru will say that the path to enlightenment is to be had in the complete absence of judgement. A tall order for us work-a-day family types who are dealing with traffic jams and utility bills, not to mention, car repairs, noisy neighbors, and the in-laws. I'll keep plugging away at it and maybe you can too. Who knows, in the near future perhaps you and I will have the option to judge or not judge each other and if so, let's choose the latter. What a great gift we'll be giving each other, and ourselves too!

Here's wishing you a Merry Christmas Friends! (Yes I know that's a judgement. LOL)

Love and Peace my friends,  
Patrick