

Essential Energy

with Cyndi Dale

by Cyndi Dale

Around the Mulberry Bush: Getting Out of Sameness

Ever feel like every day is pretty much a repeat of the day before, except perhaps with a few new crises? We are hopefully not as stuck as Bill Murray of “Groundhog Day” movie fame. Can you imagine awakening to the same life every morning, with no compensation for hard lessons learned? Life does, however, share certain similarities to the movie, all of which remind me of the nursery rhyme, “Here We Go Round the Mulberry Bush.”

Perhaps you sang the song as a child. Holding hands, you chant while skipping around in a circle. Around and around the mock mulberry bush in the middle, you dance to the mantra, until at some point, you all fall down. Kids are not stupid, are they? At a very early age, they start practicing for adult life. However, adult life has a lot of sameness in it, sometimes so much sameness that we feel like exploding. Consequently, most of what seems the same (and is) - feels like work.

Even though I do healing work for a living, which is actually pretty exciting, unpredictable, and fascinating -- many days I feel like I am performing my own Mulberry Bush solo. I get up and yawn. I pick up the house and yawn a little more. I take a multiplicity of vitamins and chew my dairy and gluten-free healthy breakfast, awaiting the drive to my son’s school because I stop for caffeine on the way. I get home and work, and then I yawn, even as I make a decision about dinner, power walking, dogs, E-mails, and how to Google up the next Little League game map. Many days certainly seem like a Mulberry Bush experience, minus the naïve joy relegated to childhood.

A life coach might examine my life and suggest I insert more balance. Balance? I ask. I have balance. I allot “x” amount of time for everything I need: nutritional digestion, tennis shoe treading, purposeful working, girlfriend talking, mothering mayhem, and even sometimes a date or two. So why is that mulberry bush still in the middle of the living room?

Well, the truth is that when I get into the doldrums, seeing only sameness, I’m misperceiving the world. I’m missing that which is meaningful by assuming meaninglessness. For it’s part, the world acquiesces. It is not going to argue. If I say it is all work and no play and it is all the same, even the healthy “balanced” activities, it nods, ultimately reminding me that if I want change, I have to be the change artist, a lesson I initially learned when complaining about my life to a therapist years ago.

“Life is boring,” I whined.

“Why have you decided to become so boring?” She quipped.

The key to shifting perspective and therefore, life itself, lies in intention. I know. Intention has become quite the buzzword among energy workers. If we intend a healing, it happens. If our intention is good, good comes back to us. Okay, we have to stop here. Not only is this approach simplistic, but it also is not realistic. We hold many intentions simultaneously and these often war with each other. It is a lot of work to force an agenda and override confusing, mixed messages. It is so much work, in fact, that eventually, everything becomes work—and sameness.

Frankly, I am a little tired of doubling as the proverbial hamster on the wheel, especially when my household representative of

these my four-footed caged creatures, whose name is Max, is already enlightened enough to scoff at the wheel and instead, sit around all day, eating. I'm tired of defining intention as the setting of goals and working toward them. Why not define intention differently and by doing so, invite more adventure, love, and truth? Why not desire meaning—but go a step further and assume it? Would not life be more enriched, colorful, and flavorful? To accomplish this, we must steer away from defining intention as the aiming at objectives and instead, perceive it as quality of purposefulness.

If I really think about it, everything is purposeful, if only we can perceive the qualities within it. For instance, I often complain about all the sports practices and games I have attended over the years. There are some rules in Minnesota, you know. Kids only play hockey in ice arenas as frigid as the wintry outdoors, football in the rain and sleet, and baseball during hail and tornado season. If you lump all practices and games together for two sons over the years, I'm currently "batting" 1,400 sport events - with many more to come.

I've yet to figure out the difference between a punt and a kick, a ball and a foul, and a run and a goal. These are pointless anomalies to me, but at least the related games make some sense, unlike rugby, one of the preferred sports of my oldest son's. As far as I'm concerned, the rugby years yielded only a by-name relationship with the emergency room doctor who was, for some reason, the only one ever on duty when bringing my son in for a multitude of broken, stretched, or injured bones and muscles. I do not recall that number of muscular-skeletal parts on any anatomical chart I studied in high school biology. Not only did the injury rate suggest meaninglessness, but I never could figure out why those teenage boys would sing "Waltzing Matilda" to such gleeful abandon when all they did at home was grunt. No, if there is anything that might connote sameness, imbalance, and work to me, it is sports.

For all the work, tediousness, money, and time, however, it has been worth it. Sports has meant something to my kids and so, it has meant something to me. Sure, they have had fun, but they have also developed qualities of meaning including sportsmanship, the value of persistence, and the importance of losing politely.

Perhaps all the sameness in my life—and yours—really is not. Maybe it is all a way to show up for the meaning inherent in each and every moment. Maybe today, as I dance around the mulberry bush, I will pluck off a few berries and see how they

taste? Maybe today I will set the intention to enjoy everything -- for everything is ripe with meaning.

About the author:



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing, including *The Complete Book of Chakra Healing*. She has worked with over 30,000 clients in the past 20 years. To learn

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