

GO TO YOUR WINDOW

GOAL

To encourage a means of personal problem-solving and unconditional positive regard in times of personal distress and questions.

MY WINDOW

Every night, a little girl, alone, climbed stairs to what seemed to be a one-way trip to the stars ending up in a bedroom shared with her consistently missing divorced mother.

Climbing onto a large bed and resting my chin on the windowsill toward the end of the bed, there was a quietness that mimicked the loneliness of my existence. For some reason at that late quiet hour, the breeze from the window always seemed to be fresh, pure, and crisp. The usual sounds of the day were muffled. As I rested my head on the windowsill, I breathed deeply the crisp air and dreamed of something different, something more comforting, loving, and radiating with positivity. My senses were soothed by the frequent soft sounds of a few cars on the city street in the next block, the lights from the drive-in across the alley, and occasionally the so-called Holy Roller Church congregation in the next block singing and pounding loudly with their feet in synchrony with their gospel songs. The synchronized pounding of feet that affirmed spiritual

commitment was heard from a block away through open doors that opened onto a quiet, dark street. From this heightened window view, the surrounding evidence of other-life activities and happenings could activate the senses even through the quietness and the darkness of the night. These repetitive night situations provided a sense of expected gentleness, predictability, and soothing calmness that seemed to gently caress my feelings of aloneness. As a veil ascending over me each night in the stillness of the night, the quietness seemed to overtake my childhood soul, providing freedom from my isolation, fear of the unknown, and confusion of an imposed aloneness. My fears and uncertainties were eventually replaced with calmness, acceptance, and resolution. Then, with one last glance out of the window into the stillness, comfort enfolded me, bringing serenity, acceptance of the imposed situation, and peaceful sleep that renewed the ability to cope successfully for another day. My soul was quietly ushered into calmness and lulled with acceptable somnolence.

A lifetime has passed. The once little girl (me) is now grown into an aging grandma, and the once-divorced mother and the caretaker grandma have been gone to the heavens for many years. The house with the open window may be gone. Gone is the quiet of the night, the calm, fresh, and crisp breeze of the large window at the foot of the bed. Yet, the magical calmness of lying my wee head on the windowsill, the quiet stillness of the night, and the importance of the relatable situation remain.

Why have these quiet memories remained as a significant part of my life? The reason is now clear—it is STILL my place to go in spirit and remembrance tending to calm my spirit. My personal message is

said quietly to myself when times of turmoil and challenge occur: “Go to the window.” I can, in my memory, *still* smell and feel the freshness of the breeze, see the lights of the drive-in across the alley, hear the sounds of Christian songs with rhythmic foot-pounding of chants and songs, and know that I want (and maybe at times need) to return in spirit to that window—just to feel, again, the calmness to help me make meaningful decisions. I understand, now, it is my mindful forever place to go—and to be—when the world with its confusion and convoluted happenings seem to be more than I wish to see, hear, or experience. It is my personal sanctuary in the twilight of my life—a place to feel the quiet---a place for me to be alone when life has its misgivings. It is my personal calmness reminder during chaos. It is, then, I say to myself, “Go to the Window”—for in doing so I feel calm, peaceful, and the quiet so needed for my soul. The questions sought will find answers, choices will have meaning, and the personal support that I need will always be there—as they were as a child---perhaps approving of my intellectual thoughts and choices, answering my (what seems to be) unanswerable questions, and loving me when there seems, at times, to be no other loving response.

LOCATING YOUR WINDOW—YES, IT IS THERE!

Now is the time to quietly, gently, and with the support of the essence of your soul, seek YOUR window. Yet, for you, it might not be “A Window.” Such a place of solitude of personal acceptance is a place of your choosing (actual or figurative in your mind) where you can go alone during your life challenges and to seek life choices.

Leave behind your fears and concerns, turn into yourself, know yourself and your needs, and (above all) be gentle and kind to yourself. Learn to experience the fresh air on your face and the gentleness of the existing world around you. But know this--your expected perfect life and success are there for you! Be kind to yourself and others as personal needs are expressed.

Say, literally, to yourself when you feel a need for a personal quiet spirit—"GO TO YOUR WINDOW"--- wherever/whatever, figuratively speaking, that window might be—for it is the calming place where you have chosen to be alone, and where you can gain the “essence-of-yourself.”

Gently know this: Questions from a confused life might be present, but answers specific to you will emerge at your window. For you, it will provide the necessary time for *personal love* of who you are, what you recognize your purpose in life is about, and calmly give you a gentle nudge in the direction of a successful life. Tears may happen—but answers may result!

Be gentle with yourself. Know that YOUR CHOSEN WINDOW of quiet solitude is there for you to feel the calming cool breeze and the quietness and sounds of the night (figuratively speaking). The sounds of a consistent, quiet, and personally repetitive and chosen place in your mind will consistently support clear, calm, and rational thinking. Calmly reassure and remind yourself that YOU can make a positive difference in the ways of humanity. Know that there are good answers to all your personal dilemmas, and you DO HAVE THE ABILITY TO BE THE POSITIVE PERSON OF YOUR DREAMS. It is your time alone at YOUR WINDOW (wherever you choose for it to occur)

that is your chosen place to find your answers that quiet your soul.
Feel the sweetness of the peace and stillness!

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