



## A Rainy Day in Queensland

*Today is December 19 and I'm looking out of the window on a scene that is so familiar in the UK; grey skies and torrential rain. To me it looks cold and grey and uninviting, in fact the perfect day to curl up in a chair with a good book and stay in the warm and dry. Contrary to my perception, here on the Gold Coast, to step out into the rain is like taking a shower; it is really pleasant to feel the warm rain on my skin. There is no need for a rain coat, an umbrella or wellie boots!*

*I might add that this scene has been frequent since my arrival in November and has led me to reflect upon how amazingly easy it is to become conditioned and how our perceptions are coloured by both our experiences and our environment. No wonder they say 'travel broadens the mind' – it does indeed! But not everyone desires to travel so how can we allow for change and new possibilities to take place in our lives?*

*In a world that can be so fundamental in its beliefs and ideologies we really need to look and listen with our hearts and be less judgemental in order for us to be more open and willing to embrace new ideas and change rather than limiting ourselves by grimly hanging on to our old patterns of thinking and behaviour.*

*'To let go' takes courage and yet is a necessary step to begin liberating one's self in order to embrace the new and ever changing patterns and opportunities that life offers us all. Not an easy task but I believe truly worth all the effort for in the end surely the benefits we reap in terms of feeling balanced and in tune with life is worth it?*

*Maybe this is 'being mindful'? I'm not sure but what I do know, for me, this is what I believe is 'walking the talk'.*

*So when you read this and if you would like to add your own thoughts and comments then that would be great.*

*Wishing you Love, Joy and Blessings,*



*Maureen ☺*

*Queensland, Australia*

