

I got you.

The man got out of bed at his usual time, around 5 a.m. Sometimes, he awoke earlier and either got up or lay in bed watching the flickering of the flames from the propane stove warming his bedroom.

On this day, the first day of the new year, he got up in a happier-than-usual mood. He remade his bed and emptied the ash from the wood stove in his living room. After making coffee and drinking a cup, while he read text messages and emails, he decided to do his morning meditation as the fire crackled and heated his cabin. As he sat, there were no distractions as was usual. For one, his cabin in the forest was relatively secluded, and two, most second-home owners were already gone or had stayed up late to celebrate New Year's Eve, so they were asleep.

The man had meditated for so many decades that he easily fell into his meditative state. After several minutes, he heard a small voice inside himself saying, "I got you." The man sat, and the tiny voice got a little louder until, finally, it was clearly audible. He smiled as he understood the meaning.

New Year's is typically a time of resolutions, and friends had sent him theirs this morning, which he had read. He had not made any resolutions himself, however. The man understood this was his subconscious, letting him know that he already had himself where he wanted to be, so there was no need to be resolute about anything other than what he was hearing; "I got you," which was him talking to himself.

Knowing things were under control, he smiled and got up to feed the critters who lived around his cabin.

Written by Peter Skeels © 1-1-2025