

Spirit.

Spirit does not seem to contain emotions, yet it invokes them.

People, to me, find it necessary to name things to understand them. For instance, God is personified as a father, but personifying something that is not a person seems unreasonable.

Science has given every planet, star, gaseous cloud, holes in galaxies, molecules, and down to the tiniest known particle, a name.

Everything that has ever been found has been named, with a definition attached to that name to help us better understand what was found, but has that helped?

In all forms of art, artists depict the world as they see it while trying to convey its essence.

Writers and poets use words, photographers use pictures, musicians use sound, and on it goes.

Their goal is for their audience to understand them clearly: writers write what they want you to know, musicians play exactly what they want you to hear, and so on.

Each day, we need to listen for and accept quiet and to luxuriate in some peace time.

A lake without wind is glassy, calm, or still, but can you watch without defining it?

A sky without clouds is cloudless or clear, but can you find peace by just looking?

Spirit has been defined as our essence and the seat of our emotions. But what if it's not that, and instead an ever-becoming something we can't comprehend or understand? What if by naming it we're belittling it?

Can spirit be accepted without defining it? Can essence be felt without needing to name or comprehend the feeling? Can we be curious while letting our spirit be mysterious?

Can we sit in awe and wonder rather than trying to explain what's going on?

Can we let ourselves and others be, without intervention or judgment?

However, let's change what needs to be changed.

Can we watch the lake, sky, and our essence be, without the confines of definitions?

Can we leave those who made the choices that got them where they are on their journeys alone?

Can we let our spirits exist without limits?

Can we show the world who we are rather than telling it?

When someone shows us who they are, can we accept them?

Can we accept ourselves, not only as who we know, but also as the person we're becoming?

When we allow ourselves to live outside the confines of definitions, we allow our spirit to lead us where we're supposed to go.

The End.

Written by Peter Skeels © 5-31-2025