

The Other Side of the Wall

.....by Randy Reynolds (adapted and modified by Amy Fox)

There was a young woman who took great pride in the growth and care of the flowers in her flower garden. She had been raised by her grandmother who taught her to love and care for flowers as she herself had done. So, like her grandmother, her flower garden was second to none.

One day while looking through a flower catalogue she often ordered from, a picture of a plant immediately caught her eye. She had never seen blooms on a flower like that before. "I have to have it," she said to herself, and she immediately ordered it.

When it arrived, she already had a place prepared to plant it. She planted it at the base of a stone wall at the back of her yard. It grew vigorously, with beautiful green leaves all over it, but there were no blooms. Day after day she continued to cultivate it, water it, feed it, and she even talked to it attempting to coax it to bloom. But, no matter what she did, it didn't bloom.

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One morning weeks later, as she stood before the vine, she contemplated how disappointed she was that her plant had not bloomed. She was giving considerable thought to cutting it down and planting something else in its place.

It was at this point that her neighbor, whose lot joined hers, called over to her: "Thank you so much! You can't imagine how much I have enjoyed the blooms of that vine you planted." The young woman walked through the gate into her neighbor's yard, and sure enough, she saw that on the other side of the wall the vine was filled with blooms.

There were indeed the most beautiful blooms she had ever seen. The vine had crept through the crevices and while it had not flowered on her side of the fence, it had flowered luxuriantly on the other side.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

The start of a year is a time we look toward the things we want to do and achieve; or perhaps we look back at the past year with regret on the things left undone.

In these moments it's easy to get caught up in achievement autopilot and to become frustrated when things aren't working out how we want, when we want.

Notice your breath...allow yourself to arrive here...

What if for the next hour you could release the outcome and anticipation? What if for your practice today, you could simply invest in the process of making progress?

Start to deepen your breath here....

DURING CLASS

Before Telling the Story

Great things take time...and pressure. We forget that diamonds are made under pressure, that grapes have to be crushed to make wine. All great things come from effort and deliberate practice.

Who are you practicing being right now? Is the mindset you're in one that will allow you to take your next best step forward? Where can you breathe into the future you want to create?

After Telling the Story

Even when things don't seem like they are working out, we must remember that the last thing to grow on a fruit tree is the fruit.

Just because it hasn't happened yet, doesn't mean it won't. Stay with your breath. Stay with this feeling.

CLOSING CLASS

May we remember in our most challenging moments, that great things take time.

This week, may you plant the seeds of what you wish to grow and may you nurture your dreams and desires with commitment, faith and love.

EXTRAS

In The Tipping Point: How Little Things Can Make a Big Difference, Malcolm Gladwell "...defines a tipping point as "the moment of critical mass, the threshold, the boiling point." He attempts to explain how seemingly random or sudden changes are really the outward manifestations of highly complex, hidden patterns. What may seem to be miraculous events are often the result of the accumulation of many, many small changes.

The key take away here (in this book and this lesson) is that small acts add up and sometimes it's the less obvious intentional things we're doing that carry the biggest impact.