

Above The Waterfall – Part 1

I was gliding in a silver canoe that reflected the brilliant light of day with blinding brilliance, sliding down a river as smooth as glass, dazzling my squinting eyes with the splendor of the light of the sun at its zenith in the cloudless sky.

As the river picked up speed my excitement proportionately increased. I was having the time of my life on this joy-ride! Then I gazed around me and felt startled in awe as my eyes took in the most exquisite natural scenery spreading out in all directions, the colors of which seemed almost surreal in their glory.

As I progressed along the river's splendor, accelerating constantly, I recognized that the breathtaking view grew increasingly gorgeous. And the more speedily the river moved me along, the more joy burst forth from my already surging heart.

Then a thought occurred to me: 'I am traveling too fast to control!'

I began to worry, 'What if I'm heading for a waterfall? What if I slam into a rock? What if I'm being pushed along into a danger I cannot even imagine?'

My frightening thoughts now raced in my spinning brain as fast as the roiling river, now a rapid of stunning white-foam, its voluminous chorus like vast hordes of angels cheering in my ears. But my thoughts continued pounding the thrill of exhilaration into the chill of fear. I could not stop the vision of plunging down a towering waterfall to my bone-smashing death. Terror gripped my soul.

I picked up the paddle lying at my feet and stuck it into the water, driven by the panicking need to seize control. But the harder I sent the blade in resistance against the raging current, the more it hurt, until my body felt wracked in too much agony to endure. I screamed so hard that I became that scream, and gave the paddle a heave against the current with all the might that was in me, until I felt crushed by a collision with the motion of the whole universe.

Finally I surrendered to the tide that would not be stopped and flung the paddle, flung it into the rapidly accelerating rapids and sat back. I allowed the pain in my body to dissolve into sheer pleasure, the fear in my heart into sheer relaxation that rose to bliss and it became once more a *beautiful ride*.