

## **MAY YOUR HEART BE OPEN TO YOURSELF**

In the following quote from Bob Dylan's book, *Chronicles: Vol. 1*, Dylan writes about one of his insights in relationship to Mike Seeger, an archetypal folk musician from the 1960's. Mike, a half brother to Peter Seeger, comes from a family of talented musicians and artists. Bob writes, "What I had to work at, Mike already had in his genes, in his genetic makeup. Before he was even born, this music had to be in his blood. Nobody could just learn this stuff, and it dawned on me that I might have to change my inner thought patterns...that I would have to start believing in possibilities that I couldn't have allowed before, that I had been closing my creativity down to a very narrow, controllable scale...that things had become too familiar and I might have to disorientate myself.

I knew I was doing things right, was on the right road, was getting all the knowledge immediately and firsthand--memorizing words and melodies and changes, but now I saw that it could take me the rest of my life to make practical use of that knowledge and Mike didn't have to do that. He was just right there. He was too good and you can't be "too good," not in this world, anyway. In order to be as good as that, you'd just about have to be him and nobody else....

...The thought occurred to me that maybe I'd have to write my own folk songs, ones that Mike didn't know. That was a startling thought. Up 'til then, I'd gone some places and thought I knew my way around. And then it struck me that I'd never been there before. You open a door to a dark room and you think you know what's there, where everything is arranged, but you really don't know until you step inside. I can't say I'd seen any performances that were like spiritual experiences until I went to Lomax's loft. I pondered it. I wasn't ready to act on any of it but knew somehow, though, that I wanted to stay playing music, that I would have to claim a larger part of myself. I would have to overlook a lot of things--a lot of things that might even need attention—but that was all right. They were things that I probably felt totally powerless over, anyway. I had the map, could even draw it freehand if I had to. Now I knew I'd have to throw it away. Not today, not tonight, sometime soon though (pgs 71-72)."

Just this: Bob Dylan occupying his position as Bob Dylan, and Mike Seeger being Mike Seeger-- may these next days, and then the next days be filled with many moments of expressing you, occupying your full self. "You open a door to a dark room and you think you know what's there, where everything is arranged, but you really don't know until you step inside."

May your mindfulness practice sustain your exploration.  
May your heart be open to your self.