

# HAMBLIN VISION

The Membership Magazine of the Hamblin Trust

## ISN'T LIFE ITSELF THE TRULY GOOD THING?

*by Mike Jenkins*

The theme of this issue is Accessing the Good Things in Life. When I was asked to write this article, my instant reaction was to scoff: "Huh! That's all about wanting and seeking and needing. Who's to say what's good and what is not? There are plenty of things that I might think of as 'good' that others would conclude are bad or of little value. Isn't 'good' a subjective or moral value judgment?"

And doesn't the question of access speak of equality of opportunity, of education and of material wealth? Well, probably yes. That is, of course, if we're referring to the type of good things that exist in the realm of duality. One might say that everyone can access breathing freely, but what of health inequality or access to clean air?

So, we might need to consider who is accessing these good things and what do we mean by finding them in life? Life has a LOT of THINGS in it, doesn't it? And what is life, anyway?

If I turn my attention to what is happening right now, will I find the good things in life here? Will I also find life? Let's see.



### **This Moment, Now**

I am sitting at my desk writing this article for the Hamblin Vision. My fingers are typing around the keyboard. A dog barks in the street. I can feel the cold of the air against my skin. Thoughts of how to pay the energy bill this month flicker in my mind. Breath enters and leaves my body. I see the tree outside my window stands cold and bare; its leaves are yet to emerge. Is the tree actually cold? I don't really know.

I get up and put the kettle on. My thoughts wander to the journey I will make in the car this morning and what I need to do before I leave.

Eat. Shower. Dress. Pack a bag for the day. I'll be home tonight. Or maybe I won't. Maybe I'll die in a car accident. Maybe I'll have a moment of spontaneity and drive somewhere other than home. I expect to come home tonight, but there is no guarantee.

Home.

Here.

This, now.

Thoughts wander freely and then return. The clock in the hall ticks and tocks. Fingers on keyboard tap, tap... pause. Back to this moment. It's still here, this moment.

Silence.

Then sound.

Then silence again.

The silence isn't actually going anywhere. It never changes. It is the sounds that come and go. The Silence remains. Is the Silence life? The Source of Life? Or the Space?

The space of this blank page is present alongside the words that are now appearing upon it. The two are not separate but they are distinct.

The words on this page cannot exist without the blank space of the page and yet the blank space does not need the words in order to be... it can be open, ready, empty and free before words appear and after. The Space remains, as a container, even after all the words have been written or have been deleted.

Back home to what is happening right now. The kettle is boiled. I make a cup of tea. To my mind, tea is a very good thing. And I generally have ready access to it. But not always. Sometimes I run out and can't afford to buy more. Until I am paid or until someone gives me a cup of tea.

## **The Gift of Life**

I'm reminded of the astonishing song from Nina Simone: Ain't Got No / I Got Life.

The song is urgent, vital and bursting with a defiant celebration of the bare essentials. And yet, as we see in the actions of torture and genocide, even our teeth, hair, bodies and blood can be taken away.

Nina Simone reminds us, however, that, while we are alive and while we have the incredible gift of a body and a mind, we have a spectacular gift: LIFE. Something that is given, freely, whether we want it or not.

Life itself is the truly good thing. Truly good in the sense that it is unconditionally Good: Life itself has no opposite. It has no problem with death or disease or good or evil. It allows it all, doesn't it? We see the evidence of that all around us.

It seems then, when we really look with our whole being, LIFE has access to us! We are life and life is us... the two are not separate, but they are distinct.

So perhaps the deeper question is, how can we allow the vibrancy, the resilience and creativity of life to access us? That is the quest. The way without end.

*Since writing this article, we were delighted to welcome Mike into the Hamblin Team as Events & Social Media Manager. A 'good thing' for us and a good example of serendipity at work! Mike was trained at the Guildhall School of Music & Drama. He runs a poetry group and is the author of The Gift of the Present. Read more about Mike's work at [www.heartofpresence.co.uk](http://www.heartofpresence.co.uk)*