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Spin

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Spin

When children spin around, they become dizzy, and perhaps fall down on the grass or on a carpet – all in fun. Most of us do not like to spin, either on our feet or especially in a vehicle, and we certainly do not enjoy dizziness, which usually indicates an inner ear problem or other malady. We prefer to have control over the direction of our movements, and to maintain our balance.

But sometimes we become “dizzy” enough to “fall down” in a heap of amused almost disbelief at how an external or internal experience can be silly, different or otherwise out of our control and at the same time cause true joy and inner peace. We humans are subject to occurrences of a deeper form of clear direction and balance than that which is normal for us, and which seem directed towards our welfare even though we have no part in planning them. We can reflect on some of the events that come to mind when we try to recall instances of something akin to “joyful confusion” or “dizzy with happiness.” If we are able to remember one or more incidents, we will recognize that we did not cause the experiences, but we are glad that they happened.

Just as we value good balance and normal, non-spinning movement while walking or standing, we also desire emotional and spiritual stability in our relationship with one another and with God. When our usual patterns are disturbed, we might become anxious or otherwise concerned, until we determine whether or not there is real cause for alarm. Most of us have found that we are sometimes surprised by unplanned occurrences or encounters where we are definitely not in control, yet we experience a playful kind of joy once we pay attention to the present realities instead of trying to avoid, deny, or stop them. We are like children who have spun around a bit, but our dizziness is from new ideas and their associated feelings which enliven us rather than upset us.

We might, for example, read about some recent discovery in the field of natural science and find that we are suddenly able to accept a new point of view that is quite different from what we had previously held, which causes delight rather than confusion or anger. Or, we could be challenged by a comment we hear that is at variance with a long-held perspective and yet discover with some exhilaration that we can incorporate the remark into an expanded outlook that is quite clearly correct for us. We are capable of being spun about without losing our balance, and actually finding that we are standing more firmly and confidently than before.

God has some surprises for us in our lives which are often experienced at first as unpleasant, simply because they take us out of our habitual ways of

thinking or acting, not because they actually cause us even a bit of harm. These events that occur in our lives might be the kind of "spins" which, if we do not give in to fear, open us to interior growth.

Children sometimes ask to be spun around for the fun of it. We can trust God to open our minds and hearts to widen our perspectives, even if the experience might make us a bit "dizzy" at first.