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2012

## Snow

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## Snow

Quite properly, at least in some parts of the world, people can say that "it snowed last night." More colloquially, we might hear that someone was "snowed," which has nothing to do with external weather conditions, but rather being overwhelmed with false reasons. Whether or not we use the word in its derived meaning, many of us have had the experience of being subjected to so much insincere talk that we lost our sense of balance and made a decision that we later regretted - such as responding with equally false words.

We cannot avoid hearing and seeing much that is partially or wholly untrue, whether from public figures who are more interested in retaining their position than in serving the common good, or from individuals we know personally who strive to impose an idea or an attitude on us rather than to provide us with helpful information. We are exposed to some cold and gusty weather in human speech that is at times harder for us to dispose of than snow drifts out on the street. But, once we recognize that we are dealing with "snow," we can use our mental and spiritual shovels and clear the path so that we do not slip off into unconstructive patterns of thought or destructive intentions.

At times, thoughts and words might arise within our minds that move us in directions that we realize, whether before or after we make a decision, have been troubling us with spurious information. Since we can deal with fallacious reasons when they are proposed to us by other persons, we can also manage our own interior dialogues. But we need to identify carefully the source and intent of inner movements that are in opposition to our well-being.

We could think that, because these pushy, flattering, or otherwise false thoughts appear in our minds, that we are their source, as if we could freely and deliberately bring to mind a lie at one moment, and in the next, dispute the lie with truth. We experience all kinds of thoughts in our minds, and many are of very little significance, such as when we muse on various objects we perceive with our physical senses. But some of our thoughts have immediate, though sometimes small, consequences, and do not seem to have come into our minds by any choice that we made. They seem best described as inspired and helpful, or the opposite, but they are not of our making.

Some thoughts move us in one direction or another. Thoughts about the distress of a loved one can elicit feelings of sadness and suggest possible actions, such as calling or visiting the person. Those thoughts seem to fit our

basic attitude of helpfulness, and, even when they cause some degree of pain, leave us with a sense of peace. Other thoughts also move us, but even when we feel attraction for what is proposed, they disturb our sense of integrity, and can be seen, upon even minimal reflections, as being dissonant with our values.

The best possible way for dealing with interior “snow” is to ask the Source of inspirations to help us with shoveling, until we sense that our path is once again clear.