

My Heart's Bursting

Julie Tara

It is often within the behind-the-scenes realm of motherhood that I find the most powerful realizations of truth take place. The gifts and challenges of guiding three beautiful children help me immeasurably in the quest for understanding.

It's interesting that before macrobiotics came into my life, I never wanted to have children. I was far too career focused and self-centered to entertain that idea! But as my orientation and priorities changed more and more radically and my commitment to living a conscious life became more real to me, having children seemed to suddenly become a most natural aspect of my life's growth. Without any internal ego struggle, the allowing of my life, my body, to be part of the continuum of Life's giving of Itself seemed to be so organic, graceful, and right. Of course, I don't mean to imply that if one does not elect to have children there is anything less or wrong about that choice – not at all. Only that such a major decision shifted greatly in me, and quickly too, as my perception changed.

My children's natural wisdom is quite astounding to me at times. I do believe that striving to live in a way that reflects the Tao helps them in remembering who they are – Spirit in the process of manifestation – because their innate memory is less clouded. Their attunement with the Spirit behind all things is real and



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unadulterated. They don't need me to teach them about Natural Law – they live in that knowingness! What a wonderful thing!

Let's Go Fishing

Yesterday my 10 year-old son asked me if we could go fishing that evening. He informed me it would be a full moon and so the fish would be "having a party, and eating a lot!" A good time to go! So we packed a picnic dinner and around 6 p.m. went to a wonderful river in the

mountains. My daughters splashed around ecstatically in the cool waters whilst Ryan wandered off to find a good fishing hole. I found a rock to sit on in the river and gazed upon the rapid water dancing around me. I was noticing how it was actually the steadfast rocks that gave the graceful swirls and endless shapes to the glowing water, making it far more fascinating to watch. That led to musings on how we need not just the mutable quality of water in our lives, but the strength and tenacity of rock-quality to help give us form – not to mention the warmth and light of the sun's energy in our hearts and the vibrant verdancy of the surrounding plant life in our veins.

I was lost in contemplation when Ryan abruptly appeared, very solemn indeed. It transpired that he had accidentally caught a very young trout, and try as he might he wasn't able to get the hook out easily and release him. He had talked to the fish as he struggled, but the

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time ticked by and the fish finally died in his hands. He was mortified. He saw his responsibility and it was very sobering to him. He told me he had prayed over the little fish, telling him he had tried his best to save him, saying he was sorry, and wishing him good things on his journey onward. So much truth and sincerity. We were all very moved by the whole experience.

As a family living macrobiotically, we encourage each other to acknowledge and take notice of the unseen world behind this one – the world of energy. My kids know the amazing power of foods, for example, because it is rooted in their daily experience. We eat what I would call a comprehensive macrobiotic diet, which does not preclude the occasional use of poultry, tropical fruits, herbal teas, etc. Our choices are not based on a good/bad premise but on: What is appropriate for whom? How

much? And when? – according to personal disposition and the seasonal cycles of the year.

The children use their intuition constantly in their choices of foods, activities, friends, etc., knowing they are nourished, or not, by everything they choose to ingest on all levels. Of course, we all make lots of mistakes, but I'm often surprised at their ability to reflect and figure out where the imbalance occurred – too much sun, too little exercise, overdosing on corn chips or whatever. They track their discomfort to the source and then make the necessary adjustment – usually! Consequently, the trust they have in their own bodily wisdom is deep and truly empowering.

Dreams Have Meaning

We spend as much time discussing our dreams as we do our everyday lives (dreams around the breakfast table; school etc. around the dinner table). It's lovely to witness the clarity and guidance that can come through our dream-life. The kids are so clear about the specific animals and symbols that befriend, help, and empower them in that misty realm, that they can carry this through into the tangible world. So much so that my 8 year-old, Corina, who connects strongly to Panda bears, has now read several books on them, joined the World Wildlife Fund (remember their logo?), and now plans to go to China when she grows up to help at the Panda Rescue Centres! Was I ever that sure and determined about anything at that age, I wonder?

It seems to me that one of my main jobs is to simply support them in keeping the doors open to the magnificent realms within, so that their innate wisdom can joyfully bubble forth like an eternal spring of truth and love.

My eldest daughter, Shenoa (12), has an interesting juxtaposition of interests. She is blessed with lovely voice and wants to be a singer. Her idol is Mariah Carey. But she also abhors what she feels is injustice in the world and so also wants to be a lawyer, to help those in need. What a combination! The other night as I went down to kiss her good-night and have a few minutes cuddle together, I heard the dulcet strains of Mariah. But when I went in Shenoa looked up at me troubled, "Mummy, I'm get-

ting a bit bored of Mariah Carey, all she ever sings about is love going wrong and boyfriends leaving, over and over. Why doesn't she ever sing about other really important things like the Earth, the animals becoming extinct, and stuff?"

The natural development and utilization of the seven levels of judgement seem to flow uninhibited, given a healthy environment. I don't think we need to fill our children's minds with a bunch of dry concepts. It's so easy to get into your head with macrobiotics, but it doesn't need to be this way. That's not what it's really about at all. Yin and Yang, Five Elements, Theorems and Principles, and Seven Levels of Judgement are all a part of a very organic process – if we just get out of our own way and observe through experience.

Then of course, there's always that inherent paradox within Taoism, which I love because it's so surprising and challenging. A little Coyote Medicine thrown in does us the world of good I think. It trips us all up at times. This way we can never become too complacent or arrogant in our beliefs about what we

think we know.

Theorems and Principles? They're all around us. My son recently said to me, after we'd raced, laughing, all the way down the street, "You know, Mummy, when you love someone so much you feel like your heart is about to burst?" I nodded. "Well," he said, "my heart's going to burst right now and all the little pieces will fly into the hearts of everyone who doesn't feel that way. And then their hearts will be full of love, too!"

What was that Ohsawa said about, "One grain, ten thousand grains."

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Julie Tara is the co-founder of Nova Healing Arts with her husband Bill. She has a healing practice in Boulder, Colorado that combines hands-on energy work with deep inner visualization process. She is a dancer, photographer, and the mother of three young children. Julie has been involved in the macrobiotic way of life for fifteen years, and is a graduate of the Kushi Institute of London, England.



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(510) 658-8340

475 42nd Street ** Oakland, California ** 94609