

## THE ANT'S MIND IS MINE

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My mind

flies like a leaf of paper

unglued, unstitched, yet unfree in the wind's arms

Like an ant always searching for directions

– sensing, feeling, and changing the path

when the obstacles turn unsurmountable

But, I got more than the sea pulled by the moon's arm

I am the moon

Directing my thoughts like a shepherd his herd,

stopping the mind spinning vanities

A high tide flushes in strong emotions

A tsunami hits at times – the mind aches, suffers – anxiety, fear,  
panic!

Calm, please. A low tide shifts the gear to ease all

Retreating deep into my soul, my fingertips, the hand, arm, shoulder,  
my whole self returns to my primal truth

The mirror of all that never vanishes

The eternal something in nothing.

A foolish pursuit

for those who have never connected

not me, nor thee

The simplest the path the ant chose, the faster it gets to the safe  
home

where it belongs and I do, too

## The Ant's Mind Is Mine was inspired by

After meditating on a beach I was [mindfully](#) observing nature's activities around me. The sea, the ants climbing over the pebbles, some carrying dead ants, others pieces of grass, some walking around larger pebbles, others heading straight over the tall rocks. Struck by their fervor, I connected them with the behavior of my mind. Reading back through some of my old notes, I mused about the nature of the mind.

Even before, I was fascinated by the ants in the forest when I practiced *shinrin-yoku*, what the Japanese coined as forest-bathing. My mind connected with the surroundings and I felt at peace. Aware of the nuanced activities around me, the experience awakened my interest in the natural world beyond just [hiking](#) or passing inattentively by. For more details read soon my review of the book Forest Bathing by Dr. Qing Li, one of the initial researchers into the scientifically proven benefits of *shinrin-yoku* on stress reduction, [happiness](#), and as a medication-free solution to depression. The practice, like [ikigai](#), was integrated into the [Japanese culture](#) of health. The Government supports *shinrin-yoku*, and the centres with professional forest guides have spread around the world.

What I did on the beach and in the forest was using involuntary [focus](#) that William James, the 19th century thinker, called the soft fascination that comes naturally without forcing the mind to concentrate. The mind needs space, a step back, in order to be fully [aware](#) of what it sees. In Salvador Dali's surrealist art there is plenty of [space](#) and time captured. The depth of the mind was painted on his canvases where perspective is the force behind [subjectivity](#). In the poem **The Ant's Mind Is Mine** I am inserting my own perspective on how I see my mind operating.

Let me know if yours is any different!