



## Fluff Your Wild Arugula

by David Franklin Farkas



I have long considered refrigerators to be slow compost bins.

We are not the only ones who want to eat the food we store there and a lot of refrigerated food becomes dinner fare for slime mold or it's fuzzier relatives. If they get to it before we do, it's theirs.

Have you ever noticed that the oxidation and decomposition process tends to make hard things mushy and soft things harder? I always found that ironic, somehow. But, when our food starts to lose it's vigor, the slime mold wins and we don't get to eat the food we grew or paid for.

Hardly seems fair, does it?

There is a particular kind of lettuce that I thoroughly enjoy called Wild Arugula. Arugula, for the uninitiated, is a small leaf lettuce with a tangy almost bitter taste. Great in sandwiches, salads, and can even stand up to being steamed. Great stuff! The 'wild' version is smaller and lighter in texture than most and I'm always happy to find it. Yum!

It usually comes in a plastic bag with a lot compressed into a relatively small space. So my ritual upon returning home is to

dump the lettuce into a spacious plastic container.

After years of doing this I have had plenty of time to observe the dance between my eating habits and the eating habit of opportunistic microorganisms.

***The key is that anything that just sits still will rot.***

The lettuce on top gets moved around every time I remove a portion. Air circulates around it and that keeps it fresh longer.

But the stuff at the bottom traps moisture and quickly creates the perfect dinner venue for slime mold... imagine a very tiny table cloth, candles and silverware, not to mention the engraved invitations to the party.

So, after long experience and on-going frustration I have learned to *fluff my wild arugula*. A phrase that sounds much sexier than it's intended meaning... which makes it even more fun.

So why am I telling you all this, as amusing as I hope it has been for you?

A basic premise of applied metaphysics... as powerful as the Law of Attraction... is '**As above, so below.**' Understanding one level of meaning, even if it is metaphoric, gives you a mirror for other levels of reality.

***Basically, everything in life is a pun and finding the deeper/alternate meaning and reality is the work of spiritual growth.***

So as I ponder rotting lettuce I hope I can gain insight into other areas of my life and perhaps how to heal them.

Deep in our subconscious each of us has their own version of lettuce stored in a refrigerator. Stuff that could be nurturing and help us grow, but, because it is not properly tended, cannot breath, and is in the dark, it eventually rots and will make us sick if we keep eating it.

It's the stuff we put there so we would not have to look at it. The stuff we judge wrong or bad or shameful.

***Anything that is secret (hidden) eventually implodes and makes us crazy or physically sick. It is bringing them 'to Light' that lets them heal... or maybe just dry out.***

When you ask for a change... by setting goals or intentions, saying affirmations, praying, casting spells or using manifestation techniques... you expect to get what you are asking for.

But, sometime it seems not to work. Instead of getting what you want your life seems to get more challenging. What's up with that?

If you ask for something for which you have no resistance, you will get it without much trouble or effort. Ask for it and somehow it shows up, often in incredibly amusing and unexpected ways.

But, if you have a subconscious program that has never let you have what you are asking for, *what you will get is the opportunity to heal that limiting thought / belief / memory.*

That usually looks like your life going somewhere unpleasant with you in the proverbial hand basket. I've learned that those moments are the times of greatest possibility.

Most people resist them and dig their heels in screaming No! And, of course they stop the healing / growth process. I remember, in my better moments, to celebrate these times. *'Hey... I must be healing something important or things would not be so wacko. Yay!'*

These moments in our lives are the reason we study healing and do spiritual practices.

***We really study and practice our healing modalities not to help others, although we may be helpful to them***

***and that is certainly gratifying. We learn them so that we can heal ourselves when we hit the wall.***

During these healing challenges we often find new methods, new teachers, and new strength and insight within ourselves.

These are the times that heal men's souls (and of course women's but I'm working with an old adage here, so give me some poetic license, OK?)

So, what do we need to do?

***Get in there and fluff your wild arugula. Remove the old rotting wet stuff on the bottom and compost it. Then enjoy the sweet tangy salad that is still there to enjoy.***

Gives a whole new meaning to salad days, doesn't it?

Anything that does not work is just an old program. Basically, it's spyware.

Like computer spyware, it comes from outside and drains energy and keeps things from working correctly. It has it's own agenda, which is not what you are presently trying to create... because the spyware is part of your past. It is something we mistakenly believe is true or real and that we defend... even though we are not consciously aware of doing that.

***But, when you release it, the magic happens!***

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