

Personal Reflection – December 9, 2024

Eyes Open for Balance

I had an interesting experience recently: as I got up from my rocking chair, I closed my eyes. Immediately I wobbled and lost my balance. I opened eyes and lo! balance! Wow!

I knew about the coordination of eyes, ears, and multi-muscular balance. I knew the theory. That morning, I *learned* the theory in that strange practice. Now, I know: “Keep your eyes open, Jane or you will fall!”

It is tough to keep our eyes open on the events of these days. However, it is apparently written in our bodies: “Keep your eyes open or you will fall.”

Only the coordination of open eyes, open (listening) ears, and willing muscles will keep us standing tall.

--Jane Vella