

He was always amazed how tropical parks could be as quiet and peaceful as a city library even though there were people jogging, kids laughing and squealing at their play, and dogs barking. And there were always the groups of young men you see throwing footballs, baseballs or bouncing soccer balls off their heads all the time yelling mild, and even not so mild, obscenities at each other. It almost seemed to him that a desire to be at peace in these places caused you to filter out those sounds you didn't want to hear and meld the rest into comfortable background noise that allows or even encourages contemplation.

He selected a grassy spot under a stand of coconut palms and sat down to watch the sights and listen to the *mélange* of sounds emanating from the park and bay. As he crushed the grass beneath him as he sat, the fresh scent from the broken green blades delighted his sense of smell. He also became aware of a light sea breeze carrying fragrances of salt and algae that hinted of creatures that lived under the bay, far, far out of sight. A lone flutist, unseen but nearby, was playing a wonderful, even a haunting melody releasing waves of his musical creation to float sensually upon that breeze. The flutist's melodic creation mixed with the undulating waves of other park sounds as they merged and mingled with the sea smells and the odors emanating from jasmine and gardenia flowers blooming in the park. Then all these sights, sounds and scents sparkled and danced in the bright sunlight with a graceful flow and rhythm that was like the finest ballet. These wonderful sensations had their effect on Adam, as they sought him out and penetrated his senses, seeking out every nerve in his body and further rippled into and around every muscle, causing them to become flaccid and deliciously heavy. He began to suspect that he had never really been this relaxed before and decided to surrender himself to the feeling.

As he laid on his back on the grassy carpet, fully clothed in body but rapidly becoming naked in spirit, all the emotional garments humans collect around their souls began to peel from him and flutter away with the large mass of butterflies gathering nearby. He could visualize that each note of the parks sensational symphony was picking up one of his concerns and flying off with it, and his eyelids became heavy as he released his hold on consciousness.

Suddenly his mind seemed to leap from his body and soar from that place under the palm trees darting in and out of the airwaves eager to join this concert that was being composed by all of the park elements. Adam was full of wonder as he gave himself up to what was happening to him. He knew that his body was still lying on the ground, as solid as ever but he also knew that he was a part of those ever changing vibrations of sight and sound. He felt that this was not like a dream as everything he saw and felt was way too clear. Adam was quickly becoming aware that he was more than just flesh and bones and the world was more than what he could normally see and feel by relying on all of his bodily sensations.

He was recalling a lesson that he and all humans learn as a baby, and then gradually forget. He was created to explore the world around him without judgment and he was beginning to do that again. He was not concerning himself with the things he was not supposed to be able to do, but doing that which was allowable by his nature. Adam was forgetting the lessons of human restriction and remembering that he was essentially composed of Spirit.

Adam wondered what the park would look like from high above the bay and suddenly perceived the view from that position. He became aware of a seagull flying nearby and instantly seemed to become one with it and soon realized that he was indeed, one with it. Soaring and wheeling, diving and squawking, he was aware of all that the gull was feeling and that sensation was one of incredible freedom. He was seeing and feeling things in a different way but sensing them nevertheless. He dived downward towards the palms and his body to observe himself lying asleep and wondered how this could be. How could he see when his eyes and brain were encased in a body far below and far away from where he was now aware of being this bird? Then in response to this questioning in his consciousness, he became aware of something that extended from the gull, as he or rather they together were climbing high again, to his body on the ground. It seemed somewhat like a cord, but was obviously not made of any material he was aware of. It pulsed with a silver glow and was not of great thickness or perhaps any thickness at all. He contemplated this connection for a

moment, and then suddenly realized that this cord was pure energy. It was a tether between his corporeal body and his spirit and it accommodated whatever distance existed between them. At first he was only somewhat curious about this cord and the distance between his body and where he was now. Then came a realization that he was more than a brain encased in a body and that something was happening to demonstrate that another and perhaps many existences were possible. This knowledge came to him in an instant. He now knew that time and his restricted human reality had momentarily collapsed and he was free in spirit and innocent again as he was truly meant to be.

Flying fast just above the treetops, Adam saw his apartment building and thought about being there and instantly found that he was out of the seagull and standing on his balcony. The cord was still connected and was no thinner or thicker than before but stretched the entire distance from where he was to his body on the other side of the park. Then he saw an ocean liner far out in the middle of the bay and focused on being there and without any sense of having traveled, he stood on the bridge of the Caribbean bound Royal Caribbean's Oasis Of The Sea and was looking at the Miami skyline. And again, the wonderful silver cord stretched across the bay to the park with no change in it at all. He saw that the ships crew and passengers were busy with their activities and not aware of him. They walked around and through him and then he noticed that one man was walking toward the cord. An immediate fear entered his mind that this man might sever the cord and separate him from his body. At that thought, Adam suddenly felt an instantaneous pull and a jolt. He then became acutely aware that he was back in his body in the park, under the palms and was struggling towards consciousness. Adam felt strange and physically drained from the experience. As he rose to his feet, he was a little unsteady and dizzy. His nerves and muscles felt somewhat shocked, but he was quickly recovering. He wondered if his body was reacting to this perceived experience or whether his mind was causing the reaction. A look around at the park proved that nothing had changed. The sights and sounds were the same and so was he. Adam picked up the bags holding his purchases and he walked towards his apartment, now fully recovered physically but still reeling mentally from the impact of that experience.

