

Who do you think you are? Jane Hanson

I'm not of the Tik Tok generation and tick tock for me is only the sound the clock makes as the years tick on by. It is this precise passage of time which backs you into the bathroom to clear the steam on the fogged up mirror, a little oval rubbed with hesitant fingers which reveals your face staring back at you; as if from another dimension....mirrorland.

There comes a time in life when you start doing the maths, totalling up, adding and subtracting. We can do this in an honest way and look for truth or we can carry on juggling the books. We all have formed an idea of what we are like, how we like to appear to other people and then the person we really are, barefaced in the misty mirror.

I have always done yoga and recently during meditation something fell into place inside me. I started to feel my essence, my mind and body connection. I started to look in instead of looking out and around me. It is this internal introspection which is the eye –opener. It was as if after running through the years and life's events I suddenly truly inhabited my body.

With which criteria do we measure who we are? What we give to others or what we have obtained for ourselves? Do we gauge success in personal satisfaction or in moments of kindness and empathy? Which is fuller the In-tray or the out-tray? At the end of the day are we still craving new horizons and relationships or are we replete?

I have found a light, weightless state of mind that doesn't feel as though I have missed out on anything. I do not strive or thirst to buy and accumulate wealth and possessions because I have what is fundamental and necessary. I get pleasure from other people's travel adventures, sporting achievements and stories.

What it boils down to is to realise the essentials which for me are my family and animals. I derive great joy from simple things. It's all in the detail, of being part of the natural world. I am still the little girl, in the black and white photo, who found wonder and serenity in watching a bird fly across the sky. A flower bud opening or the mew of a kitten.