

## **Do Something Little & Be Inspired**

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It's a simple notion, however, simple things can be the most difficult to implement as all too often we are lead to believe there needs to be grandiose change to bring new vigour to life. In moments of monotony of routine or existential despair the thrill seeking begins in the directionality of ostensible greener grass. This desperate hunger arises in efforts of recapturing magic and awe inspiring life-breathing purpose. At these times of restlessness, seeking travel to faraway lands become self-warranted, the compulsive desire to participate in organized collective celebration with extravagant parties ensures, and the option of adultery- something once a far fetched notion- presents itself as a reasonable solution for the mere sake of self-revitalization.

While solace can be found momentarily in thrill seeking adventures with our magnificently complex cascade of neurotransmitters creating the allure of temporary elation, eventually the exhilaration fades leaving in its place that familiar insatiable desire for heightened aliveness once again. This very natural, vulnerable human state of restlessness, yearning for the grandiose- perhaps as a result of having come into existence from the grandiose of the Big Bang- can just as easily be purified and soothed with the smallest of alterations to our routine and everydayness.

Human brains find comfort in the familiar. As much as comfort is needed for reasons of the maintenance of sanity and membership, we often need to hold ourselves accountable to voluntarily seek our moments of discomfort. The need for the unfamiliar and the unknown is as necessary for the human psyche as that of the known. Life's creative pulse and all that is sensual is existent in the moments of that which has yet to be explored or has any control of exploring. As travels, affairs, and large parties lends the ability to yield newness, there is a structure that remains in the mere mental construct of expectation we encase around such moments. The magic of spontaneity- its beautiful discomfort- is in the relinquishing of the expected.

Challenging an unpracticed, static mind to yield to the unknown takes no more than perhaps a tiny shift. An exchange from that which has become numbingly familiar for that of the intoxicatingly unfamiliar has profound ability to return beautiful aliveness in our everyday existence. These tiny shifts might exist in the form of exchanging one's well frequented coffee shop for that of one never stepped foot in, a walk though an entirely unexplored neighborhood with a spirit of curiosity, the slowing the pace of one's ambulation during a morning commute matching the steps of another's to engage in a conversation between two strangers to blurry the facade of distance in which most of us live our lives. These small exchanges of comfort for those of discomfort has the striking ability to revitalize hope into our restless selves. Anticipation

and passion shared between two strangers before becoming known to one another is not isolated to the moments exchanged by lovers.