

TLP Five-Minute Read Over Coffee – Anchoring into a powerful moment

Tavira is a small town in southern Portugal nestled close to the border with Spain. South of Tavira, there are some little fishing villages. There is one village and one evening that I always go back to in my mind.

It is around 7pm and I have just bought a beer. I am sitting on a small bench looking down at the beach in the fading light. There are literally 100s of little crabs scuttling over the rocks as the sea comes in and out. I am feeling good because I bought the beer from a little café and included in the price, are three slices of warm bread and a little bowl of olives. The price is only three euros (This might buy me one olive where I come from!) 😊. The waitress who gave me the beer - did not say much but she smiled a warm smile.

I remember seeing this family walk along the promenade and the two little children getting super excited by seeing so many crabs. The other thing that really comes back to me is the light. The light has this warmth to it and the sky is full of reds and pinks. It was crazily beautiful!

But most of all I remember how I felt. I did not feel happy or sad - I just felt a deep sense of peace and of being authentic to myself. In a world which can feel so 'status focused' and 'other directed' - I saw very clearly in that moment what makes my soul tick. It is simple pleasures. It is seeing nature and it is finding a way not to be rushed all the time, to breathe and just take in this amazing planet, in all its intricate detail.

I go back to Tavira in my mind a lot. In moments when I need to - I have little triggers that I use to take me back to that memory. It could be in a tough moment with a client, it could be after a tantrum from my kid! I guess we all have our Tavira moments and sometimes - if you feel stuck with something - maybe doing more of the same is not what you need. Instead consider giving yourself a little break and just focus on your equivalent of the crabs scuttling around on the beach in the sunset.