

Musing Along with Sassy Budapest, Queens and Living in the Now

Sometimes moments in life are the passing of an era; sometimes they are just the passing of a moment, the living in the NOW. This morning was such a moment for me.

So, what do blue skies following a rain, old world architecture and organ music, 40 years and a passing Queen of Queen Elizabeth II have to do with each other? Here is my take!

I woke up to a clear blue sky, washed clean from the change of seasonally cool rain the night before with the cooler morning temperatures of fall in the air. These refreshing rains are breaking the gripping heat that was pervasive when I arrived in Europe earlier this summer. I am currently traveling in Europe to experience the present-day people and culture while I see the old sites. So far, I have enjoyed everything from outdoor ecstatic dance on Margaret Island, yin yoga and sound healing both indoors and outside looking down upon the city and the Danube, and of course museums and castles. I have been here for a little over five weeks and it is my second European stay in forty years.

As a younger woman I lived in Germany as a military spouse for three great years. Growing up in a small southern town where your fifty plus year old high school surrounded by fully mature oak trees was considered old and beautiful, and don't get me wrong, it was a beautiful place to attend high school, however, living in Europe at such a time made so many impressions on my mind of a world that was so much older than my American world I had been brought up in. During my first time in Europe Queen Elizabeth II was a middle-aged vibrant Queen and Charles married Princess Dianna. When you live somewhere for 3 years so different from all that you know it can do one of two things. First, you could be a person who is more connected to roots, and you just cannot wait to get home. So many people I knew during this time sat around lamenting about how they could not wait to get home to the states.

Or you are the other type of person, allowing these opportunities to stretch your mind, grow your person and take in all around you and live that moment because wow, look at what your life is presenting. I was living in a place I had never even imagined I would live so if you know me you know that I am that second person. I was certainly in no rush to leave. It was my first adult lesson in taking what I have and creating the best life possible. Sounds simple in the present time but yes, I am older lol, so there was no cell phone to call up the family for a quick chat if you were a little on the lonely side that day. I know the experience of those 3 years shaped and changed my mindset and what I also understand now 40 years later is that I already was that person. The one with the spunk, the exploratory heart and mindset. When my son gifted me this trip of course I said heck yes. A friend recently asked me if I was missing home and my response was that I do not really think about it. I have only a limited time on this part of my journey, so I am not thinking about home right now.

I spent the adult years growing my young family and my life and building my career years. Like others in the kid phase there was rarely time or money for extensive trips. Then for my 60th I traveled to and had an amazing time in London and after 40 years stepped back into the fun European world of connection between the old and the new that all of us tourist love. Seeing Buckingham Palace, Windsor Castle and all the other sites that Queen Elizabeth was in attendance was fun and my friend Sharleen and I felt very regal touring the sites and staying in our Airbnb chic pad in the old district of London. We loved the doors!

Now here I am in Europe once again, spending a couple of months with a now grown son and not even the one that was born here. Oh, the irony, but I digress...chuckles. It is raining a cooler early fall rain; I am visiting the old architecture of St Stephens Basilica Budapest and listening to an organ concert on an organ only slightly older than the queen who just passed away in this moment. The music is rich and as old as time, created by men such as Mozart, Liszt and Bach and I found it a fitting moment in my heart to relate to a woman who was a monarch for longer than my own life but in very minute moments was interwoven into my being. In my thoughts I connect with Queen Elizabeth II as a woman of strength and courage, and I admired her for that. I walked home in the cool misty rain with a good bye to an era in my heart and woke up to this clear morning and the transformation of this moment in time and so I will close with this, sometimes moments in life are the passing of an era; sometimes they are just the passing of a moment, the living in the NOW. This crystal blue skyed morning was such a moment for me.