

What I Learned From A Lobelia Erinus And A Stop & Shop Employee



Mushiba: Opportunities for learning can be presented in unexpected and surprising ways. Several years ago, I had an image of a particular hanging plant and had spent some time searching for it. Then, on the Friday before Memorial Day, I saw it in the concrete ~ and a new adventure was about to begin!

I was taking a short cut through the parking lot of Stop & Shop and was driving by the front entrance when I saw it, sitting in all its glory on a post, next to many other hanging plants. The last thing I had planned to do was go into any store during that weekend, let alone a food store. As I surveyed the parking lot for a space, a car pulled out right in the front (of course!)

The Lobelia Erinus is a cascading plant with small colorful flowers that generally grows from 8” to 12” ~ King (he told me his name immediately) was already well over 12” and full of bluish/purplish flowers. I placed him in my cart and proceeded to the Self Pay check out area. His flowering tentacles were all around me as I lifted him above my head searching for the price code sticker. I was thanking him for all the hugs while trying to concentrate on his code so I

could enter it. Once entered, the register said that *help was needed* (no kidding!)

When I turned, I saw a familiar face, as she was often the person on duty to help at the Self Pay when the computers decide to remind us humans who is really in charge. She was laughing hysterically and said that she wished she could have taken a picture of me trying to enter the code and struggling with the hanging plant, because it had made her day! I was laughing and frustrated at the same time. She held up King, calmly peeled off the price sticker, ran it over the scanner and then smiled. I began laughing with her and said that I had just learned a most valuable lesson! So, what did I learn ~ more about that in a moment.

Waith continually counsels us to *live our life* and that lessons will come as we need them:

Waith: *“Those who are here to teach you ~ and each of you will find your own teachers along your path ~ will vary as you travel on your path. They will come and go ~ that is how it works. You will find these individuals ~ not necessarily human ~ throughout your life, so look upon them as those who can help you ~ Strive to be with those who can teach you.”*

So, what did I learn? Teachers can show up in the most unexpected places and forms. I clearly ~ and concretely ~ needed to learn the trick for scanning bulky items. Most importantly, I seized the opportunity presented by The Universe (I feel a *Carpe Diem* moment coming) and changed the flow of what I had planned to do that afternoon (not going into *any* store being my prime objective!)

I recognized the signs from The Universe (a parking space suddenly becoming available is usually a good indicator!) and went for my dream (albeit, a small and short term one ~ yet, a dream). King served as a reminder of how our lessons do not need to be the result of a catastrophic, life changing event ~ they can be soft, gentle and Lighthearted.