

Coffee Time - Time for Yourself, The Time for Reset

Coffee time is the time for yourself. -It is the time to listen to yourself and to what is surrounding you.

Whoever wakes up a little early before the rising of the sun, what normally wakes him up is the chirping of the birds outside his window. But, painfully, we don't hear them because of all the devices we have.

Yet I do hear the birds.,What do I do in order to hear them? I have a coffee grinder made of copper during the previous century. If the weather is not too cold, I go outside, sit on my marble stairs, and grind the coffee beans there. I grind the coffee for four or five minutes while I listen to the sound of the grinding of the coffee and I smell of the coffee aroma that is rising up from the grinding. I then see the birds in the sky starting to show a blueish colour, a colour that is somewhat blue summer green, . If I start the day in this way, then the rest of the day is very very easy for the reason that. was quiet and able to focus on my own senses and experiences of the natural world surrounding me.

In order to hear the things around me, I must be silent- not just in speech but also in thought. I stop the thoughts that are otherwise constantly running as if there is a subscription to 138 channels of communication, be they civic or involving other people. Now that I am quiet in my mind, I can listen to what is important both in myself and in the world around me.

Coffee time is the time of expansion.

While I am grinding my coffee, I gain an expanded awareness of the uniqueness of each day. Each day is its own unique time.

When the sun rises in the morning, coffee time allows me to process the true uniqueness of this day, to develop a picture or illustration of this unique time and what is within it. Without the experience of grinding the coffee, I would not be able to perceive and appreciate the uniqueness of this day or of how the world and myself connect with this unique day.

Therefore, coffee time is essential to my creation of an image. I have put two years of effort into the creation of a single image. At the time, I became so involved in this creation that it seemed like I had not put any effort into 50 other images that I had been working on. Furthermore, my understanding of each image sometimes changes with each day.

Coffee time helps me search constantly for crafts and nuances of everything in existence that I need in order to create my images. This is sometimes very technical and dry work yet it is also good to utilize this craft and nuance to create powerful and meaningful images.

Grinding the coffee with your hand-to give it your spirit and your life.

During the time when you grind your coffee yourself, you give it life force this spiritual energy into a created product requires optimal functioning, and this requires rest.

People do not understand that the brain needs time, to rest.,This rest is not the same as sleep.When you rest and not sleep, your awake brain connects your soul with work to its optimal level. By

grinding it coffee yourself, with your own hands, your own effort and toil in it enhances this connection.

Coffee has something special in it. The Bedouwins understand this and do not skip over the time of coffee. These are times when they are free of worries and they feel no need to hurry. They collect wood. They add the wood with care and patience to create a proper fire. Then, with ease and calmness, they take the coffee, mix it, and place it on the fire. Then, they take the coffee out of the fire, put it back, and mix it again. It looks like they are cooking you a five-star meal but what are they really doing? They are making coffee and then afterwards with you. This experience becomes your whole world and no thought can come and bother you now.