

Opening to...



Fragility and Impermanence

*Everything indeed is
for you...*



We will consider:

- Impermanence
- Jesus as model
- Why was it given?
- Suffering and purification
- Practices in service of opening to....

The Snow Geese

by Mary Oliver



“To love what is lovely and will not last”

- Because we forget about impermanence, we don't nurture our love properly.
- If we live with the understanding of impermanence, we will cultivate and nurture our love. Only then will it last...



“The sole means now for the saving of the beings of the planet Earth would be to implant again into their presences a new organ, an organ like Kundabuffer, but this time of such properties that every one of these unfortunates during the process of existence should **constantly sense and be cognizant of the inevitability of his own death as well as the death of everyone upon whom his eyes or attention rests.** “

G.I. Gurdjieff, *Beelzebub's Tales to His Grandson*, p 1183



Emma



God's Promise

The Good News!

..Impermanence means being transformed at every moment. This is reality. And since there is nothing unchanging, how can there be a permanent self, a separate self..Our body is impermanent, our emotions are impermanent and our perceptions are impermanent. Our anger, our sadness, our love, our hatred and our consciousness are also impermanent.

Thich Nhat Hanh, No Death No Fear; Comforting Wisdom for Life

As it went for Jesus, so it goes for
us

- When Jesus saw her weeping...he was deeply moved in spirit and troubled
- Jesus wept
- Then they said, see how he loved him?

We will weep...because we LOVE





Why was it taken away?

Why was it given??

If we could only REMEMBER...

Love, poured out for another in the face of death, is the hope of **new life**. Love means to let go and enter the storm and to love as passionately, extravagantly, and wastefully as God loves...

The capacity to suffer through to **joy**... is an essence of Christianity.

Ilia Delio, *The Unbearable Wholeness of Being*, p 88.



The Hope of New Life

I think it is scarcely possible to describe how deeply our experience of passing time affects thought and feeling. It would be foolish to attempt to do so because we are psychologically built around the natural belief in passing time. It might be better to say 'annihilating time'. So we seem to live the most fragile existences, in an ever-dying, sad environment; and our life seems only what we have at this moment or hope to get tomorrow...

Higher space signifies possibilities, connections, inter-relations undreamt of in the narrower space and time familiar to us.

Maurice Nicoll's Living Time

From Ilia Delio: We are so accustomed to thinking about death as final, the end of whatever life we have lived. In an evolutionary universe, however, death is integral to the ongoing process of creation. In a universe of unfolding space-time, there are no absolutes, finalities, or fixed essences; rather life is an unfinished life process toward new creation. **Every whole must eventually give way to something more than itself...finite life is released from its limits to become part of something that is more than itself, a new whole...a new relatedness with God and cosmos that we name the risen Christ...death is the path to new life.** Even in death everything is in process of becoming something new.

The Unbearable Wholeness of Being: God, Evolution, and the Power of Love





Finite life is released
from its limits

Opening the tomb...

Opening to that which is holding us down on
this lower level of beliefs and time

- Repressions- push down or entomb wounds
- Begin by seeing- **self-observation**
- Willing to look rather than stuff into the unconscious

Beryl Pogson, *The Rogue Elephant*

Consent to Surrender



The spiritual journey is a liberating process [from the effects of the repressed material in our unconscious] in which one freely accepts its consequences in our psychological awareness and totally surrenders to the human condition...

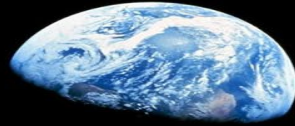
The healing of the human condition...is basically a total surrender to the purification process...and assimilation of the attitudes of the mind and heart of Christ into our everyday life.

Thomas Keating, Heartfulness: Transformation in Christ

We surrender to love...

The cosmos is not treacherous or a trickster, not punitive, but giving and forgiving. It does not set up tests and traps. It does not delight in our failure but gently encourages us onward, to risk and offer everything at even greater depths.

Cynthia Bourgeault, *Eye of the Heart*





Suffering is our common ground. Trying to evade suffering by pretending that things are solid and permanent may give us a temporary sense of control. But this is a painful illusion because life's conditions are fleeting and impermanent.

When we welcome our suffering, it shakes us out of our complacency. It can bring clarity and help us find meaning, without which the pain might be too much to bear. It tenderizes and opens us to vulnerability that gives us the capacity to sense, make contact with, and experience more of life. We access our **courage to be** with what otherwise would be intolerable.

Frank Ostaseski, *The Five Invitations*



Furthermore, when we **bear witness** to our own suffering, we stop separating ourselves from it. We realize that it is an integral part of the human condition; it's not personal to us. Then we can say to ourselves, "Hey, this suffering may be moving through me in a unique way, but it is not just mine. It has been going on since the dawn of time."

Frank Ostaseski, *The Five Invitations*

Compassion for the Carriage & the Horses



Opening to Fragility

Inner/Outer stop

Admit there is a wound and welcome

Turn toward the area of pain with loving attention and intention for healing

Ask for help

Slow down and listen

Consent to therapy

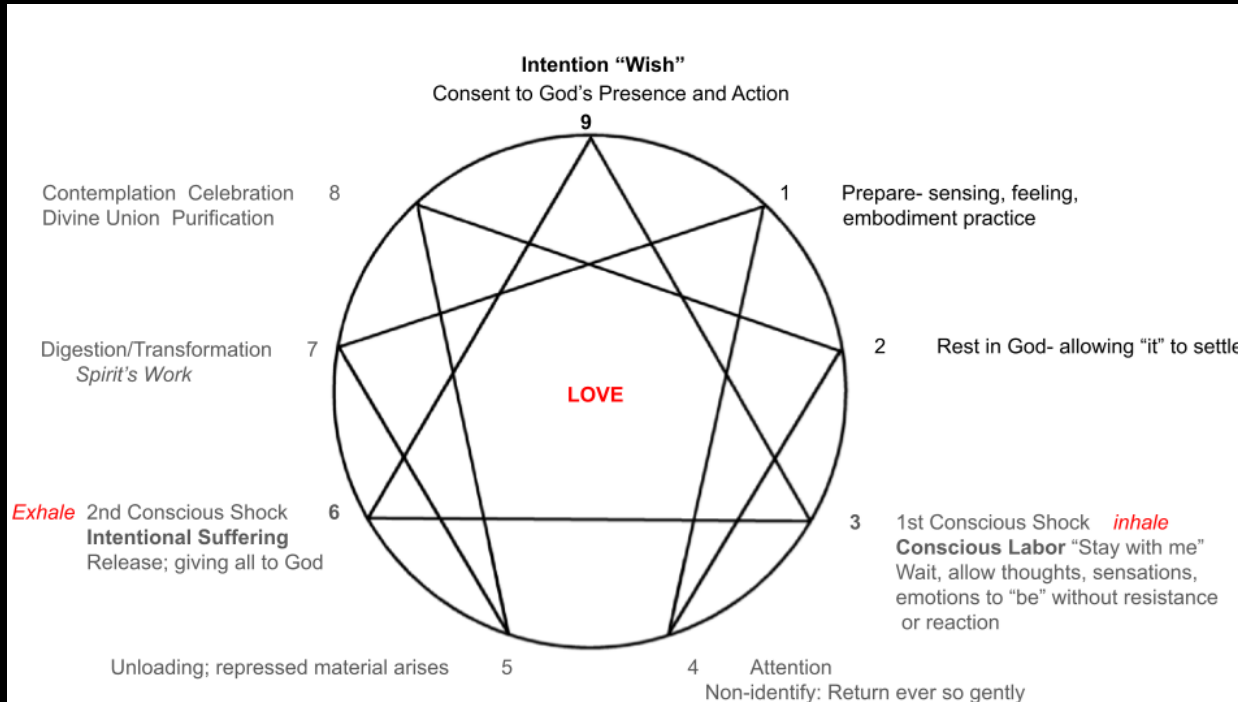
Tincture of time

We Transcend AND Include



Each world is honored. Nothing is forced or coerced, nothing wrested from one's hands. It's simply given back when ready, like ripe fruit falling from a tree..." Huston Smith

There is a time for growth and a time for diminishment...
 At one moment the dominant note is one of constructive human effort, and
 another mystical annihilation...a twofold movement.
 Ora et labora



Sacred Erasure

Whole making- becoming eternal

Losing the lines- “the lie of separation
and our useless acting out from fear”

Becoming permeable to absorb



Lee Van Laer

Lord Have Mercy...

**Thought- breath- being filled
with the breath of God**

Feeling- bringing the two together in Being

**Sensation-
attention in the
body**