

Meditation: calming the mind (excerpt)

by Bob Sharples

Don't meditate to fix yourself, to improve yourself, to redeem yourself; rather, do it as an act of love, of deep warm friendship to yourself. In this way there is no longer any need for the subtle aggression of self-improvement, for the endless guilt of not doing enough. It offers the possibility of an end to the ceaseless round of trying so hard that wraps so many people's lives in a knot. Instead there is now meditation as an act of love. How endlessly delightful and encouraging.

Forget about enlightenment

by John Welwood

Sit down wherever you are
And listen to the wind singing in your veins.
Feel the love, the longing, the fear in your bones.
Open your heart to who you are, right now,
Not who you would like to be,
Not the saint you are striving to become,
But the being right here before you, inside you, around you.
All of you is holy.
You are already more and less
Than whatever you can know.
Breathe out,
Touch in,
Let go.

Breath of Life

by Danna Faulds

I breath in All That Is –
Awareness expanding
To take earthing in,
As if my heart beats
The world into being.
From the unnamed vastness beneath the mind,
I breath my way into wholeness and healing.
Inhalation. Exhalation.
Each Breath a “yes,”
And a letting go, a journey, and a coming home.

Extremes are easy

by w. craig gilliam

Where one ends,
the other begins.
Extremes are easy. It's
the middle that's the puzzle. Midsummer—
the middle way,
shades of gray,
no absolutes,
only choices.

There,
in-between two notes,
in the pause,
in the silent space between two waves,
in the breath between breaths,
there,
in that sacred in-between space,
everything is possible.

We Only Need to Be Still

Thich Nhat Hanh (in Moments of Mindfulness)

Everything inside and around us wants to reflect itself in us.

We don't have to go anywhere to obtain the truth.

We only need to be still and things will reveal themselves

In the clear water of our heart.