

Daily Meditation 03/15/2023

How Concepts Assist Our Spiritual Journey's Deepening, ii

Good morning.

In today's meditation we continue my dialogue with Adam Bucko in our book, *Occupy Spirituality*.

And he adds this point to the point he made by asking the question: "What breaks your heart and what makes you truly alive?"

And he says the goal is not to answer these questions, the goal is to be present to them with all that we are... be present to them with all that we are.

The experience of presence, I think, is at the heart of contemplation. Being with the eternal Now, being in the Now, and I think this has everything to do with good work as well. To be present, when life is teaching us things, even when it seems to be entirely new to us.

But Adam goes on and says,

In a way we're following the poet Rilke's advice when he counseled the young artist, 'Be patient toward all that is unsolved in your heart, and try to love the questions themselves. Perhaps you will then, gradually, without noticing it, live along into the answer.'

...live along into the answer.

And he describes how he has a process with these young street adults of being with heartbreak, and aliveness, and holding them simultaneously. He says:

We make sure that we are holding them with all that we are, with every part of our being. There we just wait faithfully, trusting that if we stay with these questions and what they evoke long enough, something will emerge. And it's really a contemplative process that directs itself. It feels like a gentle wind blowing across our faces and opening doors to awe....

We sit together holding heartbreak and aliveness with all that we are. Eventually one's usual identity through thought patterns and feelings, and the ways in which we are in relationship with the world begins to crack. The moment it cracks, a certain kind of aliveness comes through, a certain kind of creative impulse is felt."

So this is a fine way of talking about practicing contemplation, and that it goes a long way for inviting truth to come into the picture, to come from a deep place within ourselves and to be shared, and listened to in tandem. Together.

Thank you, we'll see you tomorrow.