

No matter who you are, no  
matter where you are on your  
spiritual journey, you are  
welcome here.

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If we are to wake up to what is real - that is, if we are to see the boxes we are in, transcend them, be free from the unconscious archetypes that run and ruin our lives - we must be honest, open and willing.

Or, we have to put ourselves in the place that offers the least resistance possible to our being captured by the Sacred.

The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice, there is little we can do to change, until we notice how failing to notice shapes our thoughts and deeds.

- R.D. Laing

Practice: the repeated exercise or performance of an activity so as to develop greater proficiency or capacity.

“To be alive in this beautiful, self-organizing universe - to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it - is a wonder beyond words.”

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Bring Your Brain

Take Your Heart

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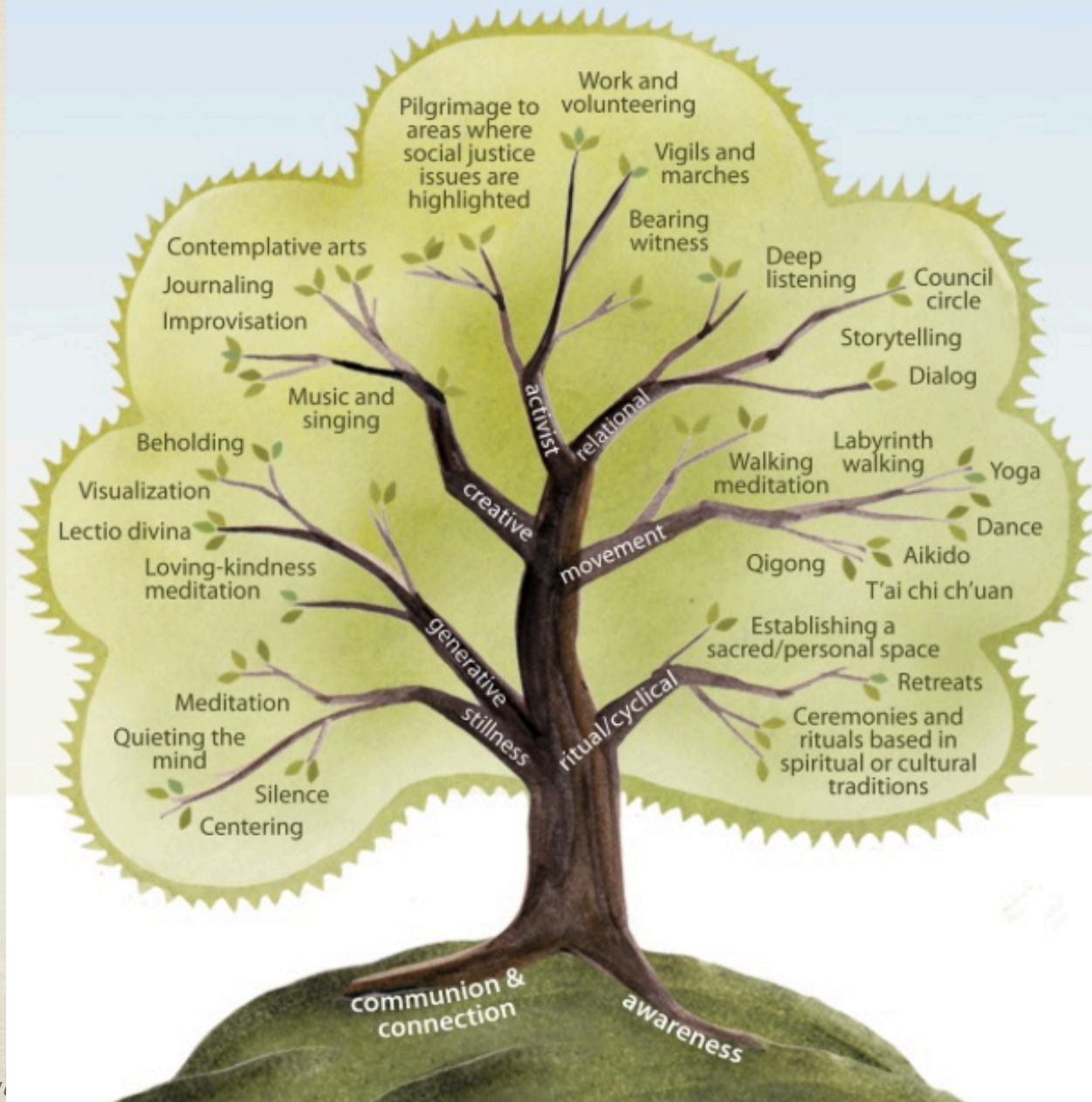
The thought manifests as the word;  
The word manifests as the deed;  
The deed develops into habit;  
And habit hardens into character.  
So watch the thought and its ways with  
care,  
And let it spring from love  
Born out of concern for all beings.

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Faith in wholeness means faith in the love that delivers us from the illusion that the outcome of any situation is the truth about us.

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# The Tree of Contemplative Practices



“I wish you happiness now  
and whatever will bring  
happiness to you in the  
future.”

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Enlightenment is a happy  
accident.

Diligent practice makes us  
more “accident prone.”

15<sup>th</sup> Anniversary Edition REVISED

# Always We Begin Again

The Benedictine Way of Living



**John McQuiston II**

FOREWORD BY Phyllis Tickle

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# BEING NOBODY GOING NOWHERE

MEDITATIONS ON THE BUDDHIST PATH



AYYA KHEMA

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“What we are looking for lies within us, and if we gave our time and energy to an interior search, we would come across it much faster, since that is the only place where it is to be found.”

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What is it like to be you?

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