

SACRED AND SCATTERED

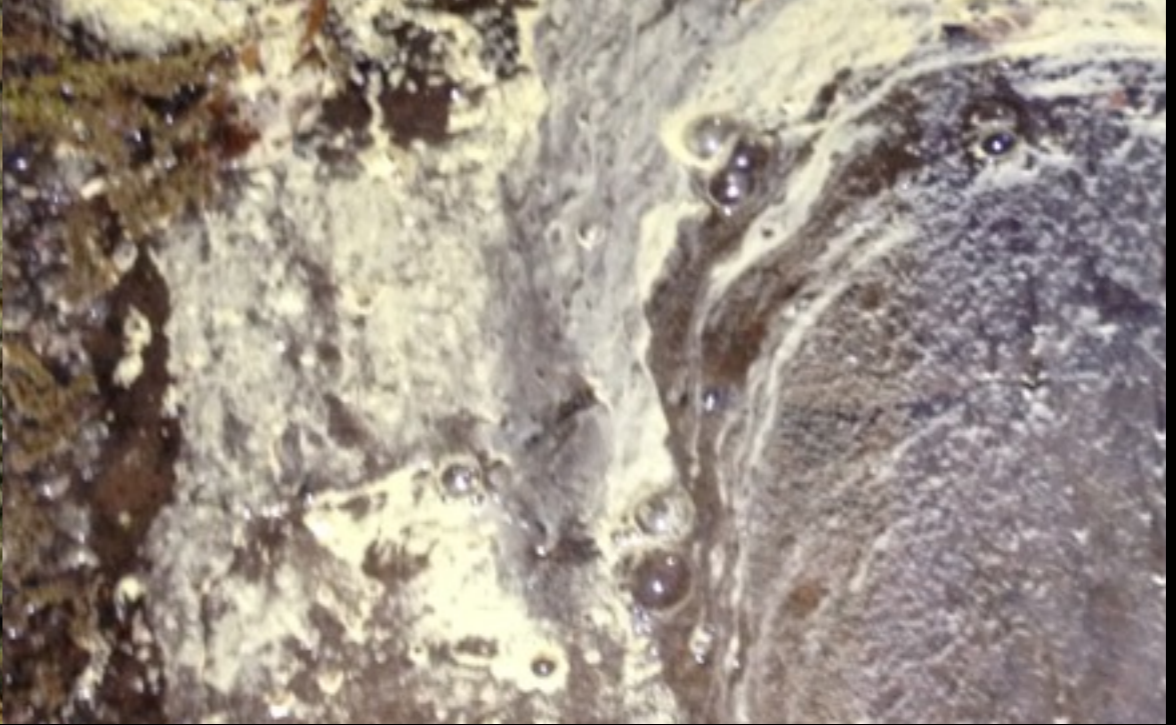
NOW IS THE TIME
TO CHANGE OUR MINDS

"I DON'T KNOW IF IT'S
GOOD OR BAD THAT A
GOOGLE SEARCH ON "BIG
BANG THEORY" LISTS THE
SITCOM BEFORE THE
ORIGIN OF THE UNIVERSE"
~ NEIL DEGRASSE TYSON

THE BIG BANG

hubblesite.org





TEILHARD DE CHARDIN
ASSERTS THAT AS LIFE
BECOMES MORE COMPLEX AND
CONSCIOUS, IT BECOMES
MORE INTEGRALLY WHOLE.
HE ASSERTS THAT "THOSE WHO
FOLLOW JESUS BECOME
WHOLEMAKERS, UNITING WHAT
IS SCATTERED, CREATING A
DEEPER UNITY IN LOVE.

THE BIG (G)NAB

WHAT DO YOU DO TO
TRAIN YOURSELF TO TURN
FROM COMPARISON AND
COMPETITION (BACK) TO
COMPASSION AND UNITY?

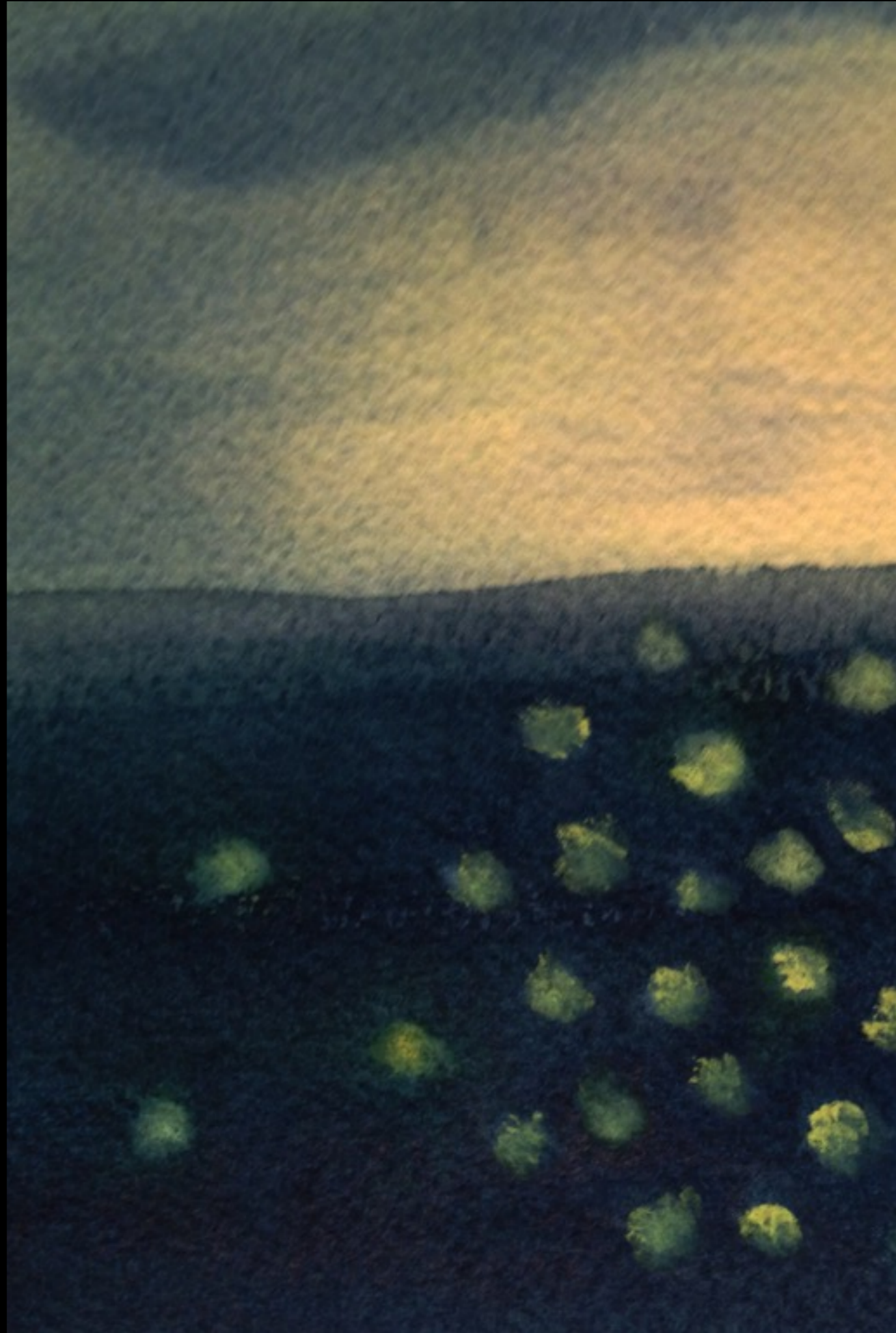


IF THE DOORS OF
PERCEPTION WERE
CLEANSED, EVERYTHING
WOULD APPEAR TO MAN AS
IT IS,

INFINITE

FOR MAN HAS CLOSED
HIMSELF UP, TILL HE SEES
ALL THINGS THROUGH
NARROW CHINKS OF HIS
CAVERN.

~WILLIAM BLAKE, THE
*MARRIAGE OF HEAVEN AND
HELL*



ARE WE WILLING TO
MINDFULLY CHOOSE
GROWTH AND CONNECTION
OVER COMFORT AND
RATIONALIZATION?

MOVING TOWARD FREEDOM

HOW DO WE BECOME MORE
CONSCIOUS OF OUR
PATTERNS SO WE CAN
OUTGROW THEM?



COMPASSIONATE COMMUNICATION



Needs: Resources required to sustain and enrich life.
Needs are universal.
Needs make no reference to any specific person
doing any specific thing.

Key Distinction: Need vs. Strategy

IS IT ABOUT BEING IN
MEDITATION?

WHY
MEDITATE?

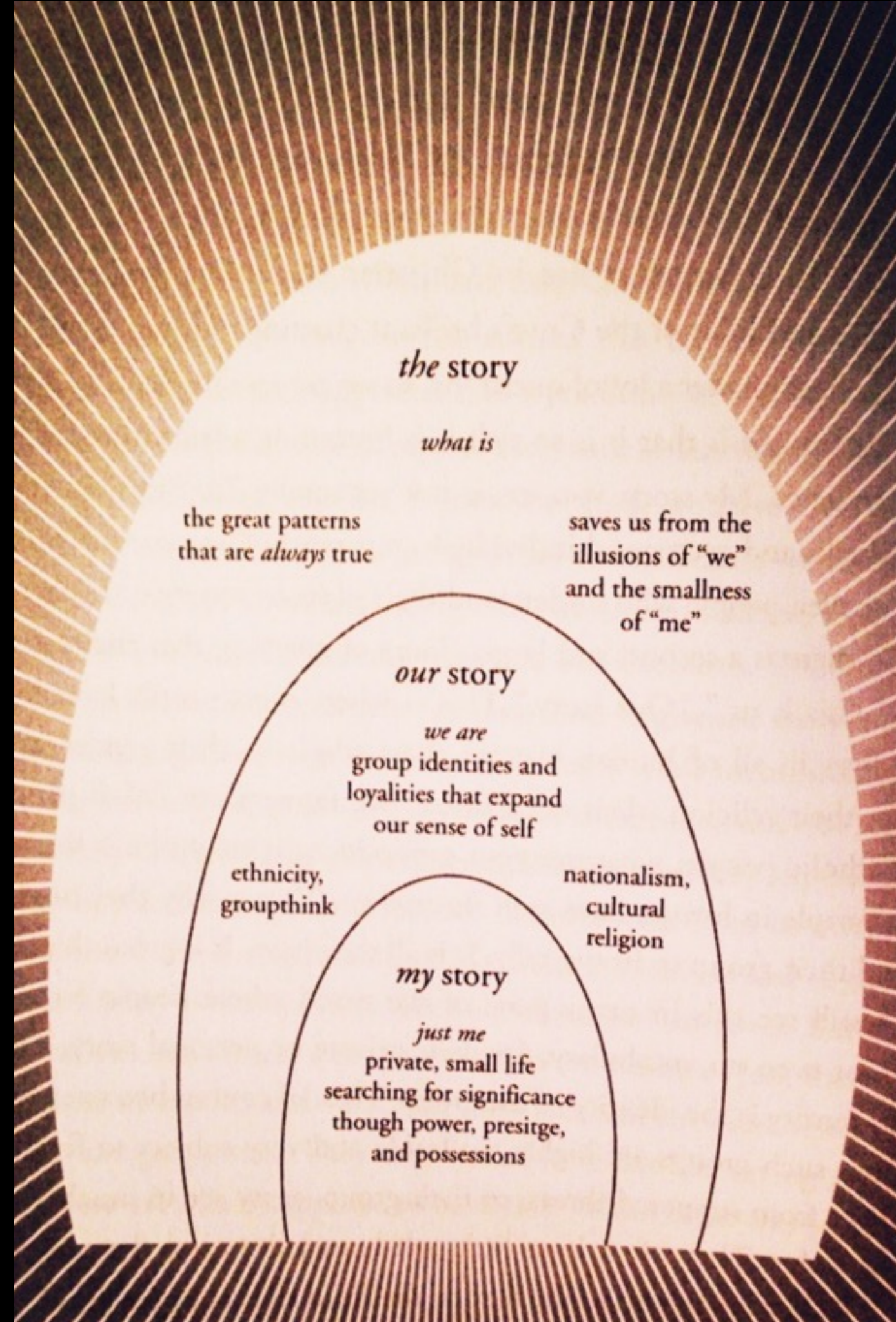
IS IT ABOUT MEDITATION
BEING IN US BY CHANGING
US?



OUR PATH TO
ENLIGHTENMENT INCLUDES
A JOURNEY FROM
MY STORY TO
OUR STORY TO
THE STORY

SPIRITUAL GROWTH

WHAT MIGHT BE INCLUDED
IN THESE THIN LINES THAT
SEPARATE THESE?



THOUGHTS, EXPERIENCES,
INTERPRETATIONS,

UNDERWATER ADVENTURE STORY

WHAT PRACTICES HELP US
UNDERSTAND, ACCEPT AND
TRANSFORM SO THAT WE
ARE ABLE TO EXPAND?

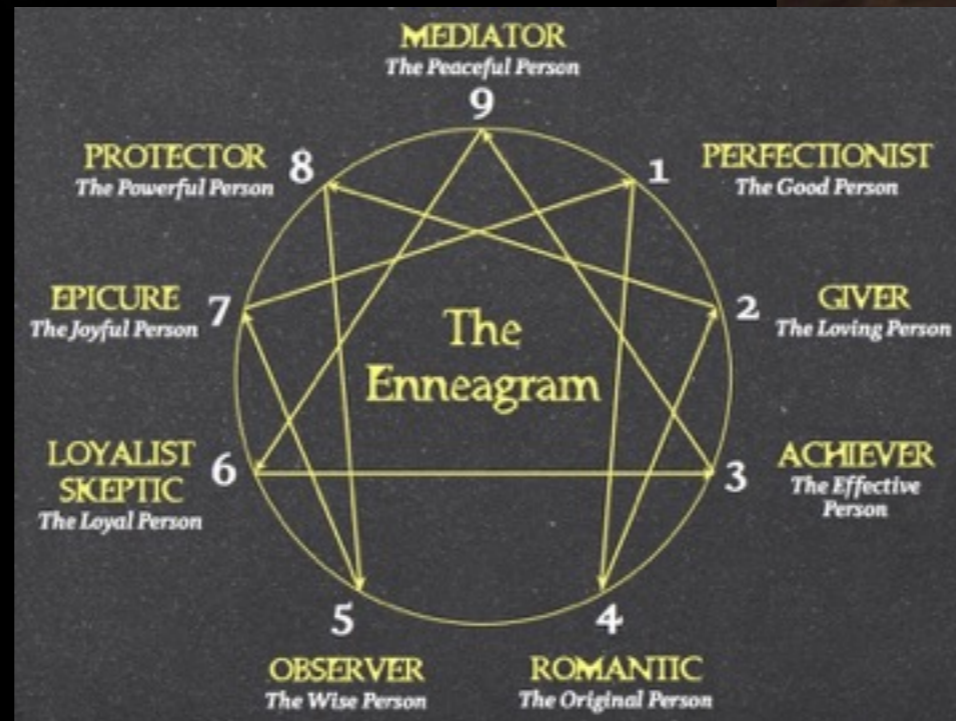
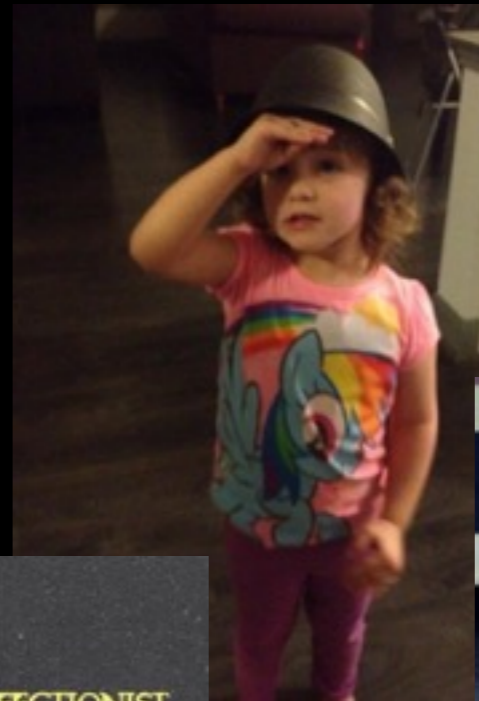
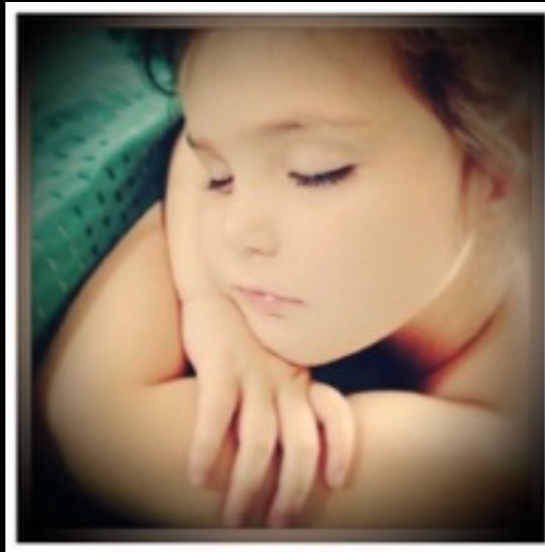


CERTAIN EFFECTIVE DEFENSE MECHANISM THAT WE EMPLOY AS YOUNG CHILDREN DEVELOP INTO RECURRING MOTIVATIONS AND PATTERNS OF THINKING AND RESPONDING. THESE CAN HELP US DEVELOP AND NAVIGATE THE 'MY STORY' PART OF THE JOURNEY, AND CAN HELP US RELATE TO THE 'OUR STORY' PART. THE ENNEAGRAM POINTS TO THESE AS 9 MOTIVATING POINTS OF VIEW ABOUT LIFE.

ENNEAGRAM

AT SOME POINT, WE DEVELOP A PREFERENCE OR DOMINATE RULING PASSION, POSSIBLY AS A RESPONSE TO INNATE TENDENCIES AND IN RESPONSE TO HOW WE EXPERIENCE THE WORLD AROUND US.



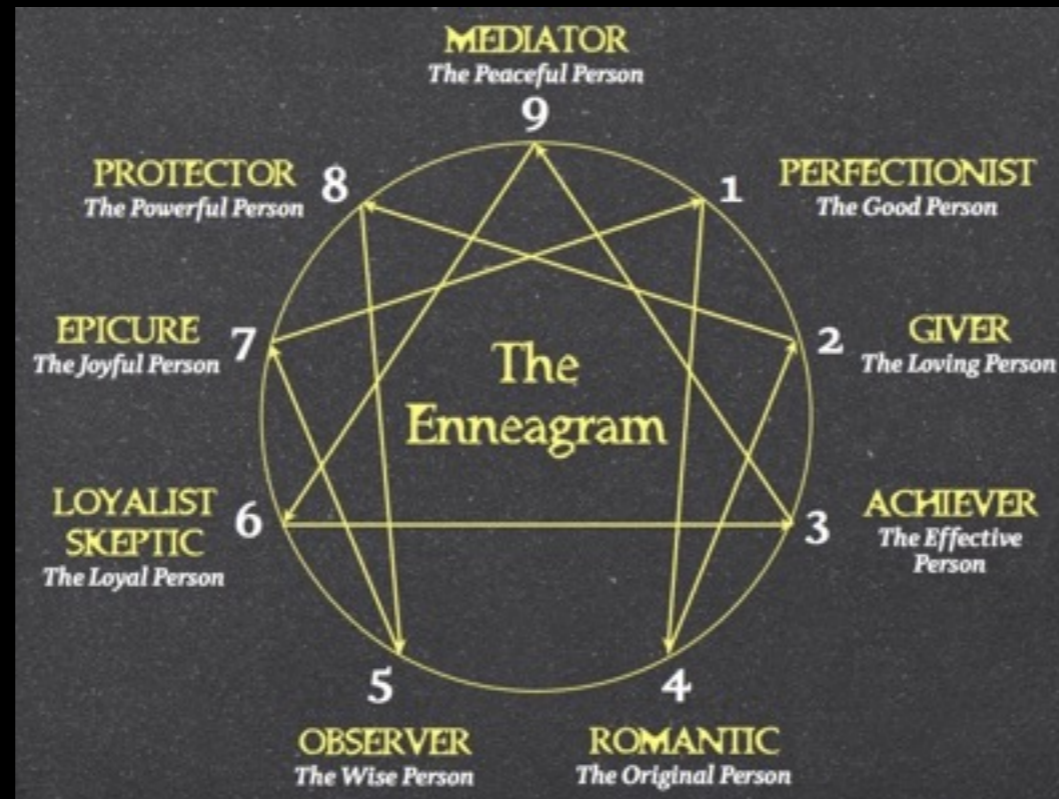


OUR AWARENESS AND PRACTICE MAY RELEASE OUR GRASP ON THOUGHTS AND PATTERNS WE ALL EXPERIENCE AT DIFFERENT POINTS, REGARDLESS OF OUR ROOT TYPE

"Life is unfair. I need to protect those that can't protect themselves."

"I avoid conflict and will adjust to keep from making waves."

"There is one right way to do things."



"There are so many great opportunities. I don't want to miss any of them."

"I help others that need my help."

"What is going to happen next? How can I get prepared?"

"I am at my best when others acknowledge my achievements and performances."

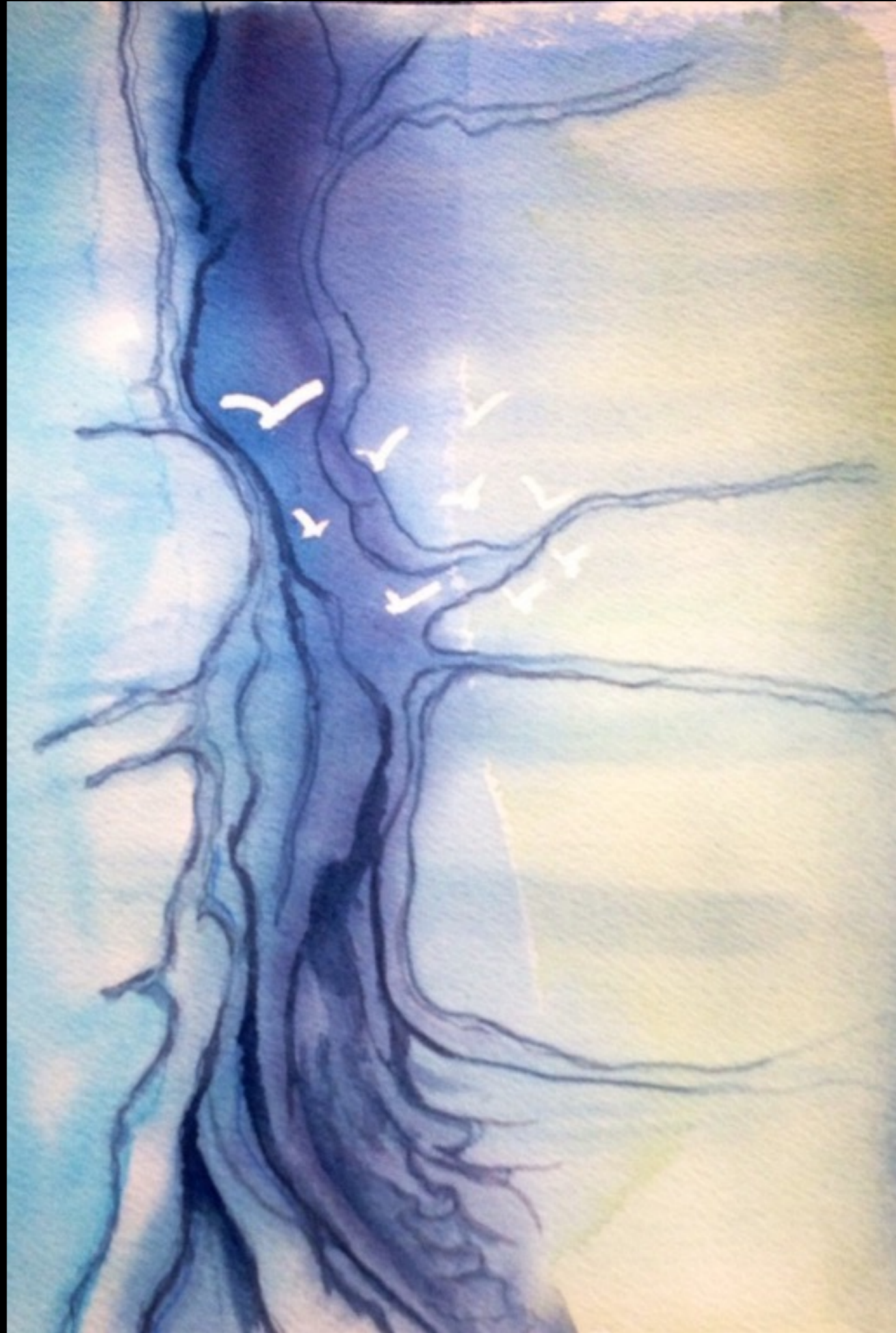
"I need to be alone to preserve and restore my energy."

"Something is missing. Others have it and I don't. I need to know what it is...and how to get it."

HAVE ANY THOUGHTS COME UP IN YOUR PRACTICES THAT SEEM VERY FAMILIAR TO YOU? ARE YOU ABLE TO IDENTIFY THE THOUGHTS THAT ARE MORE REGULARLY PRESENT OR THAT ARE MORE DIFFICULT TO LET GO DURING MEDITATION? THROUGHOUT YOUR DAY, TRY TO MAKE YOURSELF AWARE OF WHEN THAT THOUGHT IS DRIVING YOUR PERCEPTIONS AND ACTIONS.

I'M TELLING MYSELF

TAKE A STEP BACK FROM THIS AUTOMATIC RESPONSE AND ACTIVELY LET IT GO BY REFRAMING IT AS, "I'M TELLING MYSELF...." RECOGNIZE THAT THE THOUGHT MAY NOT BE TRUTH BUT A LENS THAT MAY NO LONGER SERVE YOUR GROWTH AND DEVELOPMENT. EMPOWER YOURSELF TO BE MORE MINDFUL OF THE TANGIBLE AND OBSERVABLE TRUTH.



I'M TELLING MYSELF "I HAVE TO GO TO WORK." THAT MAY OR MAY NOT BE TRUE. I'M TELLING MYSELF "I SCREWED UP AGAIN." THAT MAY OR MAY NOT BE TRUE. I'M TELLING MYSELF WHO DO YOU THINK YOU ARE? YOU DON'T HAVE THE WISDOM NECESSARY."

THAT MAY OR MAY NOT BE TRUE

I'M TELLING MYSELF "NO ONE IS LISTENING." THAT MAY OR MAY NOT BE TRUE. I'M TELLING MYSELF "THE NEW MANAGER HAS NO RESPECT FOR ME." THAT MAY OR MAY NOT BE TRUE.



WHAT IF THE LESSON IS TO
DO YOUR THING, THAT ONE
ESSENTIAL THING THE
MOMENT IS CALLING YOU
TO DO? WHAT IF WE CAN
ATTEND TO THAT WITHOUT
JUDGING AND COMPARING
OURSELVES AND OUR WORK?

THE BEST WORK

LUKE 10:38-42



WHAT STANDS BETWEEN US
AND OUR RELATIONSHIP
WITH SACRED MYSTERY? WE
ARE CALLED TO MOVE FROM
MY STORY TO OUR STORY TO
THE STORY.

USING THE ENNEAGRAM FOR TRANSFORMATION

LIVING INTO THE STORY
OPENS THE DOOR FOR
EMPATHY IN LIEU OF
SYMPATHY.



Brene Brown describes the difference between
Empathy and Sympathy

RSA Short Empathy vs Sympathy

WHAT HAPPENS WHEN WE
OPEN NEW DOORS? WHAT
NEW POSSIBILITIES EXIST
BECAUSE WE'VE
TRANSFORMED?

WELCOME
HOME



PSALM 27 REWRITE
LOVE IS THE LIGHT AND
THE WAY THROUGH
PATTERNS AND PREJUDICE.
LOVE IS THE STRENGTH
AND FREEDOM FROM THE
WAY IT HAS ALWAYS BEEN.
WHEN THOUGHTS AND
JUDGMENTS ATTEMPT TO
INFORM MY NEXT MOVE,
EACH ONE WILL BE MET
WITH THE LIGHT OF LOVE
AND FREEDOM.
IN THE THROES OF FEAR,
DOUBT AND SHAME AND
THEIR PURSUIT OF MY
ATTENTION,
I WILL REMAIN ASSURED
AND MY SOUL WILL LET
LOVE OVERCOME THEM.



NOW IS THE TIME TO KNOW THAT
ALL THAT YOU DO IS SACRED.
NOW, WHY NOT CONSIDER A
LASTING TRUCE WITH YOURSELF
AND GOD?

NOW IS THE TIME TO
UNDERSTAND THAT ALL YOUR
IDEAS OF RIGHT AND WRONG
WERE JUST TRAINING WHEELS TO
BE LAID ASIDE WHEN YOU CAN
FINALLY LIVE WITH VERACITY
AND LOVE. NOW IS THE TIME
FOR THE WORLD TO KNOW THAT
EVERY THOUGHT AND ACTION IS
SACRED. THAT THIS IS THE TIME
FOR YOU TO COMPUTE THE
IMPOSSIBILITY THAT THERE IS

NOTHING BUT GRACE

NOW IS THE SEASON TO
KNOW THAT EVERYTHING
YOU DO IS SACRED.

~HAFIZ (A SUFI POET)

