



Ordinary Life

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

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“Can the wedding guests fast while the bridegroom is with them?”

We have a moral obligation
to be happy.

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“Having a dream and not honoring it is like getting a letter from God and not reading it.”

- John Sanford



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Our lives are a brief
interlude between two
pauses.

Our task is to make that
interlude as luminous as
possible.

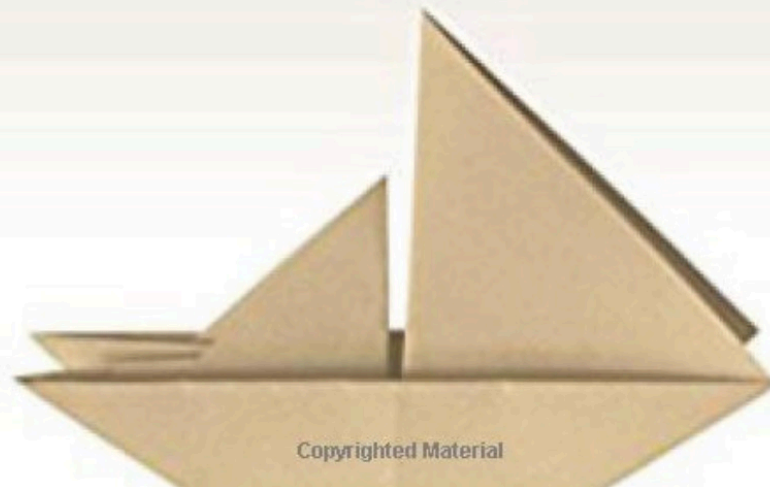
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A 21-Step Plan for Addressing the
Unfinished Business of Your Life

Living an
**EXAMINED
LIFE**

Wisdom for the
Second Half of the Journey

James Hollis, PhD



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Kabir
1398 - 1518

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“Integration” is the process of recognizing disowned, repressed, denied aspects of ourselves and bringing them into our awareness in a way that we can own them rather than being owned by them.

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The teachers with whom I
resonate experience the
transcendent and
transformation in “ordinary
life.”

Meditation can turn
fools into sages.

Unfortunately, fools
seldom meditate.

The central truth of and for spiritual practice is “paying attention” to “what is.”

And, developing the resources to be present to “what is” in a non-judgmental manner.

We suffer from wanting to
be “one-up” on life.

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“God is not found in the soul
by adding anything but by
subtracting.”

- Meister Eckhart

I am of the nature to go grow old.

I am of the nature to have ill health.

I am of the nature to die.

All that is dear to me and everyone I love
are of the nature to change.

I inherit the results of my acts of body,
speech and mind.



Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live each moment fully
And to look at all beings with eyes of
compassion.

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