

KEEPING IT SIMPLE

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 COR 2:9



**Because my
love for you
is beyond
words, I
decided to
shut up.**

MY car has a rear view mirror and a windshield. The rear view mirror is much smaller than the windshield. You can look back for a second or so but the real trip is ahead of you.

In the words of tonight's lesson, you can be aware of and examine your history whenever you choose, but it never did and never will Define you.

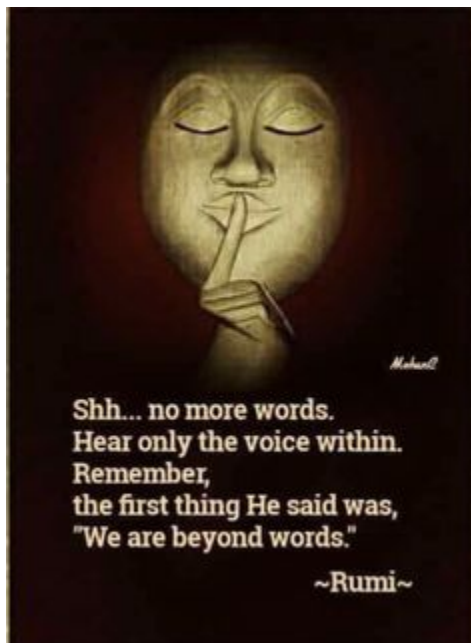
from AA literature comes the teaching “We will not regret the past nor wish to shut the door on it.” In other words the past can always be my teacher, but under no circumstances become attached to it. As Alan Watts put it so wonderfully “When you get the message, hang up the phone.”

“The Divine as you has a comprehension of necessity born in the present moment. She does not resurrect the past to dissect it, she does not seek to rationalize to have it confer with her idea of what was, has been, or could have been. She accepts an event as an out-picturing of consciousness that was, and without emblemization, which simply means she is not looking to confer great meaning upon an event. It is

something else that was.”

"Here I am, wasn't I?"

My history is all around me. I'm even wearing it. if you have ever moved from one place to another. notice what you do. You pack up all your history and move it to another place and then you put it up on your walls and you fill up your closets so you can feel more at home and more comfortable. It feels safe to be surrounded and filled with my history.



And do you see how easily, without even thinking, my history can become a definition of who I am?

A teacher friend of mine years ago said "You are the meaning maker of your life ." That awareness continues to unfold for me. It could have been a quote taken from this lesson. you are the meaning maker of your life.

It might be interesting to stop for a moment and ask ourselves what meaning am I giving this reflection?

"Once you understand that the only meaning anything has is the meaning you give it, you will begin to move beyond the requirements of history to reinforce itself upon the

present moment and then dictate the future in agreement to what was. The challenge here is that the lives you live have been built upon history..."

Language, human language, begins to break down here. That's why the book title we are using is called beyond the known Beyond The Knowing of the thinking mind

A Zen poem ends with these with this reflection: "Words, the way is beyond language for in it there is no yesterday, no tomorrow, no today." (No History)



Let me share with you an example of what I would consider an extremely powerful spiritual teaching that was written by a physician but which almost sounds like it could have been written by a poet. I'm going to attach a recording of this work because I think it goes beyond or I think it better illustrates moving from the material to the spiritual. rather than just reading it yourself just open to listen and to let the energy and the imagery flow to you and through you. (if you would like the script I will send it to you.)

This is a section from a book called Mortal Lessons by Richard Selzer, this particular chapter is called "Doctor as Priest" I am moved to tears everytime I read this.

I am reminded of a line from a song I wrote a few years ago:

"before I had a face, before I had a name you held me in the palm of your hand"

