

## **To Ponder:**

### *Emptiness Dancing*

*By Adyashanti*

The Truth loves. It does not judge. It holds a big sword in its hands and can ruthlessly discern what is false and what is true, but it does not hold grudges. If you are not telling the truth to yourself, you will suffer. If it was not ruthless, there would be no learning. Truth doesn't spoon feed you. Live by truth or suffer. It's that simple.

When you actually awaken to the Truth, you will see that through every circumstance and experience you have always been loved. It is amazing to see there is a thread of love running through every single moment. There never was a victim, not even for a moment. And even though it may have seemed painful, it was just a fierce sword that was there to get you to really see the Truth. Coming to terms with this is difficult, because it steals every thread of victimhood from us.

Truth can dance into existence in many forms, pleasurable and not pleasurable. Behind every experience is love. Commitment to being fully present through all levels of being will close the gap between you and what is happening, the gap between you and experience. Kwong Roshi often used to say, "Close the gap, even just a tiny bit, close the gap." Then everything opens up. Close the gap between what is and what you want it to be, between what is presenting itself and what you want to present itself. This gap of judgment is the separation you feel. You need to totally choose what is and lean into with your whole being.

Now it's very important to realize you cannot close the gap by your own will, only by willingness. If you try to close it, it becomes wider and wider. But it can close itself when you are willing to surrender to what is. When the gap between "me" and the truth of the moment is closed, the Truth reveals itself as fully present, fully your very Self.

This is what I mean when I say lean into life, into the moment and into the richness of what is. Go forward into vulnerability and innocence.

## **Reading:**

### *I am a hole in a flute*

*By Hafiz*

I am  
A hole in a flute  
That the Christ's breath moves through -

Listen to this  
Music.

I am the concert  
from the mouth of every  
Creature

Singing with the myriad  
Chords.

*Sharing...  
a word...  
a phrase...  
a reflection...*



**Song:**

*Trio Sonata No. 2 in G—Adagio*

*By J..S. Bach*

*Performed by James Galway*



***Thank You For Joining Us!***

Your Prayer Leader

Syndie Eardly **09/06/16**

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# *Go forward into vulnerability*



Our prayer is characterized by silence  
***Be still and know that I am God!***

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.