

## MEDITATION

*"The simple phrase, I do not know, was my own pillar of fire. For me, too, it revealed a world beyond that in which I lived. For me, too, it brought a new humility akin to fierceness. For me too a profound mystery. For me too a sense of the vanity of so many things our age considers important... "*

John Fowles: "The Magus"

"No time! No time!" cries the White Rabbit; like Dr. Frankenstein, we have created our beautiful creature and discovered it hideous – the technology that was to free us has bound us to its remorseless rhythm. No time. We are everywhere malcontent and yet cannot see why we do not have the happiness the high priests of advertising have promised us.

We do not stop.

We have lost the art of mediation, prayer, space – call it what you will – the art of creating distance from ourselves; perspective, of seeing that the products of our own mind are but that, and embracing another framework of scale and time – ourselves in context of the universe and eternity. We bow to the brain; we forget or ridicule our potential for other forms of knowing:

*"Our organisms have ways of intelligent understanding beyond words and conscious attention. Ways that can handle an unknown number of variables at the same time"*

Alan Watts: "The Watercourse Way"

I feel a lack of "lightness"; of poetry, of imagination in our school. I feel that we are caught in a web of bureaucratic detail and that we are missing the point. We are like a group walking along with our heads down arguing among ourselves, complaining about having to walk and the weight of our packs; never looking up to enjoy the glory of the landscape or the pleasure of the activity.

I believe that we are marching when we should be dancing.

I believe that you can only do well what you can do with joy.

I know that life passes very fast.

*"Don't believe what your eyes are telling you. All they show is limitation. Look with your understanding, find what you already know, and you'll see the way to fly"*

Richard Bach: "Jonathan Livingston Seagull"

Yes, success *does* take hard work, discipline and dedication; but it must be the *right* discipline and the *right* work. Have you ever seen anyone trying to throw a pot on a wheel when the clay is not centred? It cannot be done, not with all the effort in the world.

You have to let go of your expectations. You cannot learn if you are forever judging yourself and others. If you have already decided what you need to know.

*"We first make our conclusions – then find some way to arrive at them."*

*"Assumptions affect Observation. Observations breed Conviction. Conviction produces Experience. Experience generates Behaviour, which, in turn, confirms Assumptions"*

*"We don't want to look, because if we do, we may change. If you look, you lose control of the life that you are so precariously holding together. And so in order to wake up, the one thing you need the most is not energy, or strength, or youthfulness, or even great intelligence. the one thing you need most of all is the readiness to learn something new. The chances that you will wake up are in direct proportion to the amount of truth you can take without running away. How much are you ready to take? How much of everything you've held dear are you ready to have shattered, without running away? How ready are you to think of something unfamiliar?"*

Anthony de Mello : "Awareness"

You can only produce what you are. You are the habits of body and mind that you have fallen into. Become aware of what these are and you will begin to change and to grow.

You will begin to learn.

*"The only way someone can be of help to you is in challenging your ideas. If you're ready to listen and if you're ready to be challenged, there's one thing you can do, **but no one can help you**. What is the most important thing of all? It's called self-observation. No one can help you there. No one can give you a method. No one can show you a technique. The moment you pick up a technique, you're programmed again. But self-observation – watching yourself – is important. It is not the same as self-absorption. Self-absorption is self-preoccupation, where you are concerned about yourself, worried about yourself. I'm talking about **self-observation**. What's that? It means watching everything in you and around you as for as possible and watch it as if it were happening to someone else. What does that last sentence mean? It means that you do not personalize what is happening to you: it means that you look at things as if you have no connection with them whatsoever."*

Anthony de Mello : "Awareness"

*"We can lift ourselves out of ignorance, we can find ourselves as creatures of excellence and intelligence and skill. We can be free. We can learn to fly!"*

Richard Bach: "Jonathan Livingston Seagull"

I believe it.

I believe in you.

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