

Transforming Adversity

By Pierre Zimmerman

The intricate working of our senses, including our soft skin, and our brain and nervous system, are structured to let the world in. Feelings, thoughts and sensations are our responses to the world as we let it touch us.

Let's transform the mind so that even during adversity it becomes a reliable friend. Our conceptual mind focuses on the past and future, not dealing with the present moment. It interprets reality instead of experiencing it. The mind is a thought junky, consistently obsessing about "What if..."

The perceptual mode of mind is overwhelmed by all our thoughts and ongoing commentaries. Witness thoughts as thoughts. We can consider if they are accurate by asking, "Is this really true?"

We can touch our innate worthiness and nobility by opening up to the whole experience and not chasing after another moment. Bring your attention to the heart center and consult your deepest inner knowing, settle in and relax into the background of awareness.

We are safe in this moment and well resourced. We can ask for what we need. We are connected. We are not alone.

Welcome the empty, open and always-present awareness.

Stillness is the source of love.

Movement is the source of life.

To be still and moving is experiencing aliveness and vividness.

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