

Readings from the Movements Retreat  
June 10-20, 2014  
Corfu Buddha Hall

It is the day of great,  
great joy.  
Let us all now,  
become friends.  
Let us join our hands.  
Let us go to the Friend.  
We are all one,  
We are not two  
of one colour  
and hue.  
Let us dance,  
let us go to the market, dancing.  
The beautiful friends  
now are starting to dance,  
So let's close the shop and dance,  
idle and free.  
Today is the day  
that souls put on the robe of grace.  
To Mystery's side,  
to the side of mystery,  
we go dancing as God's guests.  
All the gods  
have pitched their tents in the garden  
and to see them,  
now we go to the rose garden.  
*-Rumi*

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Being here and Here  
Linking this with This  
Looking in and looking up  
Touching within and opening to above  
Feet in the earth and opening to Grace  
*-Vasanti, set to music by Melanie Monsour*

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“The unawakened mind recognizes things only in contrast to other things. We only know *I* in relation to *Thou*, *good* only in relation to *evil*, *right* only in relation to *left*, *up* only in relation to *down*. The human mind rarely sees beyond these opposites to the greater unity, and in this lies the purpose of creation and

humankind. The purpose of creation is to manifest the infinite God in the finite world. The purpose of humanity is to know that creation is a manifestation of God.”

-Rami M. Shapiro “Why Did God?” *Parabola*, Summer 2014, p. 53

“When Elijah reached Horeb, the mount of God, he came to a cave and spent the night there... Now there was a great wind, so strong that it was splitting mountains and breaking rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.”

-1 Kings 19: 11-16. *Bible, Old Testament.*

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“As you consider this perception of oneness, you will see that in a very deep place in you, in the deepest part of your heart, there is a very deep grief, the deepest wound, the wound of the separation from oneness. And there is a longing in our hearts, the deepest longing, the deepest yearning. The most powerful desire we have, in the deepest part of our hearts, is the longing to cease as a separate individual; to be united, to see that there is really only one because it is our ultimate nature. If it is cut off from our perception there has to be a sense of loss, a deep, gaping wound that does not heal, and there inevitably arises an immense longing, a very deep ache, so that no matter what you experience or feel, there is dissatisfaction and discontent. Your heart does not allow itself to be completely happy because this oneness is what your heart ultimately wants, and everything else it wants is just a little reflection of this. You might think your heart wants this and that, and it is all true, but these all are superficial wants. What will make your heart dance in happiness is this perception of oneness, your direct knowledge of the unity of yourself and everything in one nature.”

-A. H. Almaas, *Diamond Heart: Book Four Indestructible Innocence. Pp.112-113*

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“Helen (Luke) writing of the I Ching Hexagram “Holding Together”, “The thought that just came to me was that there can be no realization of holding together that is not rooted and grounded in a union of opposites. Any group trying to hold together for any purpose whatever that tries to achieve a goal not inclusive of its opposite is doomed to one-sidedness that ultimately leads to its splitting apart. Even the goal of finding meaning must include finding of meaninglessness... So if I am to ‘hold to this inwardly’ and ‘hold to this outwardly’, it can only be through continual awareness of the conflict of opposites in every aspect of life, and acceptance of the anguish thereof through the song of praise in the depths.” For the group just as for the individual, attending to the opposites constellated within

the group and in relation to the group to the outer world generates a capacity for holding together.”

-Don L. Troyer, *“An Unintentional Community: The Dream-Led Journey of Apple Farm”*. Parabola Spring 2014, p. 80

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“I believe I understand unity. But if I really knew what unity was, there would be an irresistible wish to live my life in this state. I could no longer accept feeling dismembered and seeing these parts, whose material encumbers my Presence, remain isolated, taking me away from the consciousness of my reality. Nevertheless, I begin to be drawn to the difference between what I am in a state of unity and what I am in state of dispersion. I become especially interested in the energy that constitutes the vibrating link between the centers. When it is here, this energy brings a strong acceleration of my functions, together with something like an empty space in which new force can appear.”

- Jeanne de Salzmann, *The Reality of Being*. p. 206

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“Helen (Luke) writes, “ I did not imagine, when writing yesterday, that nameless fear, the exhaustion, the darkness would leave me – perhaps ever in this life... But I do feel nearer to a deeper recognition that my suffering of this kind of fear during the whole of my life from babyhood to old age is a destiny which contains perhaps the deepest meaning of my individual journey in the world. I believe that my latest fantasy images have brought me nearer to the possibility of embracing in love the lifelong fact of my constant fear – of recognizing it as an essential strand in the web of my individual pattern without which that pattern could not be woven.” This is an example of the inescapability of the tension if the opposites within and without which falls like a great oak across our path and demands that we stop and consider who we are in relation to it. As Jung said, “ God is the name by which I designate all things which cross my path violently and recklessly, all things which upset my subjective views, plans and intentions and change the course of my life for better or worse.” To put it bluntly, those things which most vex us about ourselves or life, those things we wish we could escape once and for all, are the things that may be an essential strand in the unique individual pattern of our live. This is true for communities as well as individuals.”

-Don L. Troyer, *“An Unintentional Community: The Dream-Led Journey of Apple Farm”*. Parabola Spring 2014, p. 74

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## **I Worried**

I worried a lot. Will the garden grow, will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not, how shall  
I correct it?

Was I right, was I wrong, will I be forgiven,  
can I do better?

Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.

Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?

Finally I saw that worrying had come to nothing.  
And gave it up. And took my old body  
and went out into the morning,  
and sang.

*-Mary Oliver*

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## **Angels**

You might see an angel any time  
and anywhere. Of course you have  
to open your eyes to a kind of  
second level, but it's not really  
hard. The whole business of  
what's reality and what isn't has  
never been solved and probably  
never will be. So I don't care to  
be too definite about anything.  
I have a lot of edges called Perhaps  
and almost nothing you can call  
Certainty. For myself, but not  
for other people. That's a place  
you just can't get into, not  
entirely, anyway, other people's  
heads.

I'll just leave you with this.  
I don't care how many angels can  
dance on the head of a pin. It's  
enough to know that for some people  
they exist, and that they dance.

*-Mary Oliver*

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Love will keep us through this night  
Love will greet us with the first light  
Love will find us wherever we roam  
And Love will be us all the way home.

*-Donna G. adapted from the Agios O Theos  
additional music by Melanie Monsour*