

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 color  
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

## STAY WITH YOUR BROKEN HEART

Life is a good friend and a good teacher. Things are always in transition, if we could only realize it. Nothing ever sums itself up in the way we like to dream about it. The off-center, in-between state is an ideal situation, a situation in which we don't get caught and we can open our hearts and minds beyond limit. It's a very tender nonaggressive, Open-ended state of affairs.

To stay with that shakiness to stay with a broken heart, with a rumbling stomach, with the feeling of hopelessness and wanting to get revenge—that is the path of true awakening. Sticking with that uncertainty, getting the knack of relaxing in the midst of chaos, learning not to panic—this is the spiritual path. Getting the knack of catching ourselves, of gently and compassionately catching ourselves, is the path of the warrior. We catch ourselves one zillion times as once again, whether we like it or not, we harden into resentment, righteous indignation—harden in any way, even into a sense of relief, a sense of inspiration.

Nothing ever goes away until it has taught us what we need to know. It keeps returning with new names, forms, manifestations until we learn whatever it has to teach us about where we are separating ourselves from reality, how we are pulling back instead of opening up, closing down instead of allowing ourselves to experience whatever we encounter without hesitating or retreating into ourselves....When we live this way, we feel frequently—maybe continually at a crossroads, never knowing what's ahead. It's an insecure way to live. We often find ourselves in the middle of a dilemma—what should I do? Basically the instruction is not to try to solve the problem but instead use it as a question about how to let this situation wake us up rather than lull us into ignorance.

### **Everything is workable!**

Pema Chodron

When Things Fall Apart: Heart Advice for Difficult Times

You have no yardstick by which to measure yourself. You live entirely by "It pleases me" or "It does not please me". This means that you appreciate only yourself. You acknowledge something higher than yourself only in theory or with your logic—not in actual fact. This is why you make demands....You do not acknowledge anything above, outside or within yourself. It is for this reason, I repeat, That you have no yardstick and live passively according to your whims...

The first demand, the first condition, the first test for one who wishes to work on himself, is to change his evaluation of himself. He must not imagine, believe or think, but see— and really see—things in himself which he never saw before.

His evaluation will never change as long as he sees nothing in himself. And in order to see he must learn to see, this is the first initiation of a man on the path to self knowledge. In the first place, he must know what to look at. Once he knows this, he must make efforts, keep his attention, and observe constantly, with tenacity. By holding his attention and constantly observing, on day he might see. If he sees once, he can see a second time, and if this goes on, he will no longer be able not to see. This is the state to be looked for and the aim of observation; it is from this true desire, the irresistible desire to become will be born. Having been cold, we shall become warm, vibrant. We shall be affected by our own reality ....

*(Gurdjieff, talk 1941 Paris)*

**I praise the dance**, for it frees people  
from the heaviness of matter and  
binds the isolated to community.  
I praise the dance, which demands everything:  
health and a clear spirit and a buoyant soul.  
Dance is a transformation of space, of time, of people,  
who are in constant danger of  
becoming all brain, will, or feeling.  
Dancing demands a whole person,  
one who is firmly anchored in the center of his life,  
who is not obsessed by lust for people and things  
and the demon of isolation in his own ego.  
Dancing demands a freed person,  
one who vibrates with the equipoise of all his powers.  
I praise the dance.  
O man (people!), learn to dance,  
or else the angels in Heaven  
*will not know what to do with you.*

*St Augustine*

Unless you try to do something beyond what you have already mastered, you will never grow.  
*Ralph Waldo Emerson*

All of us failed to match our dreams of perfection. So I rate us on the basis of our splendid failure to do  
the impossible.  
*William Faulkner*

There is almost a sensual longing for communion with others who have a large vision. The immense fulfillment of friendship between those engaged in furthering the evolution of consciousness has a quality  
impossible to describe.

*Pierre Teilhard de Chardin*

## PARTICIPANT CONTRIBUTIONS

One step  
trembling foot  
Where does it lead me?  
Let us see

We are not human beings having a spiritual experience, we are spiritual beings having a human experience.

Some day after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fires.

*Teilhard de Chardin*

Open to the guidance of synchronicity and do not let expectations hinder my path.

Creativity and joy burst out of constraint.

Always yield to the upward pull of the divine light and truth. *White Eagle*

If you can be utterly at ease with not knowing who you are, then what is left is who you are which has already a definition. Renounce to giving an whatsoever definition of yourselves.

*E. Tolle*

Life is full of mysteries and for this reason that is so fantastic and investing even if that reserves very painful and hard passages. Usually our comprehension of anything is very small so the mysteries are very big....

If our comprehension raises, the mystery is revealed, the mystery starts to be melted like snow in the sun and we start to discover what is the essence of mystery. As the water is essential to for our physical survival as we understand that to pass through the mystery is essential for our spiritual existence.

*Flora*

## **REMEMBER**

Remember who you are  
And what you came here to share  
Remember those gone before  
And the place that awaits you there

Remember through fear and shame  
Through anger and all the pain  
Remember your essence  
And the sound of your one true name

Remember that all is one  
That one is the final sum  
Remember your deepest wish  
Aim true so that love will come

## **EVERY BREATH**

I bow my head and pray  
And I give thanks for this  
Whatever this might be  
Every step we take  
Will lead us into grace  
When every breath is home

## **LOVE WILL**

Love will hold us through this night  
Love will meet us with the first light  
Love will guide us wherever we roam  
And Love will be us all the way home.

## **BEING HERE**

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

## **MYSTERY**

When the rivers rise up  
When the winds blow strong  
When the way seems surely lost  
Let mystery lead us on

When you are too weary  
When the mind's confused  
When your heart is heavy  
Let mystery unburden you

Look to what is yet unseen  
Feel for what's unfelt  
Turn into what is still unknown  
Let mystery take us home

When the unknown is a beacon  
When it is a Friend  
We may know all and everything  
Through Mystery in the end