

Resting in Your True Nature

Dear Friend,

P.S. Your library has a copy of the Pema Chodron's *The Wisdom of No Escape*.

It's a short little book. I recommend it to you. You talked about running away, but the real cause of your discomfort and unease is something that you can never run away from – because it's your own mind – it's conceptions, presumptions, judgments, and filters. What is is. We respond to what life is for us right now-, that's all we have. And there is no running away. You can even check out of this life. In a short time you will be back in another life and facing the same demons because we carry them around with us as our mental baggage. The good news is we are not our afflictive emotions. At our core we are the energy of timeless awareness and compassion. The ordinary mind and its afflictions can be tamed with our own awareness. You have the resources and the energy to transform all the negative challenges before you into positives right now. Buddhists talk of thoughts and afflictive emotions having no inherent existence (emptiness). They are projections of a confused mind. With awareness you can clear away that confusion. Then there will be nothing you feel the need to run away from. You will be able to engage any circumstance, and adversity that arises with an open heart, courage and compassion. The Lani you feel is beset by adversities that you cannot handle is not who you really are. There is a spiritual warrior in you. It's in all of us. You can transform all adversities you face. Don't think about this too much – relax with it, rest in it. Pause, touch the energy of the moment, and rest in your true nature – spacious timeless awareness.

Hi Friend,

The short quote from Pema Chodron below is quite pertinent to you. So much of our suffering comes from our stubborn clinging to views and opinions (mostly musts and shoulds). With mindfulness we can be more aware of how these views can harm us and when we start to feel strong emotional reactions bubbling up in us, to pause, slow and deepen our breathing, and give ourselves the space to not react as we usually do, to not follow the scripts dictated by our cast in stone views, and instead to choose to stay open, abide with the thoughts and emotions, watching them and then letting them subside and dissolve. We hurt ourselves in many ways when we indulge in angry outbursts and reactivity. We can choose a better way, a healthier way, a more peaceful way. David

"September 6, 2017

Compassionate Abiding

Compassionate abiding provides a way to no longer invest our reactions with so much absolute truth. We can see our interpretations and our opinions as just that - our interpretations and opinions. We no longer have to be under their control, or have them color everything we think and do. Strong reactions will continue to arise, just the way the weather changes. But each of us can develop our ability to not escalate the emotions so that they become a nightmare and increase our suffering.

Excerpted from: *Practicing Peace in Times of War* by Pema Chödrön, pages 79–80"