

Wisdom always looks for the most elegant solution, the one that will create a genuine win-win and serve the greater good.

Dear RISE Sangha Members:

Here are notes from our 3rd of 4 sessions of our fall series on **Mindfulness/Healing the Heart of Democracy**. We have been exploring **Habits of the Heart**, tending to our own well-being and resourcing ourselves so that we can be of best contribution and service to our communities and world.

Regarding the Habit of **Holding Tension in Life Affirming Ways**,
(along with Appreciating Otherness and Cultivating our Personal Sense of Voice and Agency)...

...Attached is an audio clip from our meeting which includes:

- 1) Welcoming remarks to center in purpose;
- 2) Guided practice to arrive and center in body, heart, mind;
- 3) Wisdom quotes (included below) read out loud by sangha members that served as springboard for reflection and lively exchange.

<p>Meena Srinivasan: The ability to stay open to the both/and may be one of the most vital skills of our time. When we resist contradiction, we fracture. When we lean in, we begin to glimpse life's deeper intelligence. This is a practice...that requires deep mindfulness.</p> <p>Deep mindfulness is a path—rooted in interdependence and community, born from collective suffering and resilience, expanding our capacity to hold complexity, and guiding our inner transformation in service of justice and Beloved Community. The difference isn't in the technique—it's in the intention.</p> <p>Parker Palmer: Our lives are filled with inner and outer contradictions—our own behavior sometimes belies our aspirations, while the world around us sometimes denies what we value and believe to be true.</p> <p>If we fail to hold these contradictions creatively, they will shut us down and take us out of the action. But if we allow their tensions to expand our minds and hearts, they can open us to new understandings of ourselves and our world, enhancing our lives and allowing us to enhance other people's lives.</p> <p>We are flawed and finite beings whose understanding is always partial and in need of correction. The genius of the human heart lies in its capacity to use the tensions that come with our limitations to generate insight, energy, and new life.</p>	<p>Chogyam Trungpa: The bad news is that life is like jumping out of an airplane without a parachute. The good news is there is no ground.”</p> <p>Angeles Arrien: Our work in the second half of life demands that we stretch to shift our perspective and our actions from the dualism of either/or to holding the paradox of both/and.</p> <p>Wisdom always looks for the most elegant solution, the one that will create a genuine win-win and serve the greater good of the majority of people.</p> <p>The essential task is to allow all sides of an issue to exist in equal dignity and worth until their hidden unity is revealed. By befriending and strengthening our capacity to hold paradox, we can explore the realm of deep spiritual growth.</p> <p>As we actualize all aspects of ourselves and weave them into an inherent symmetry and whole, we become more skillful problem solvers, mediators, stewards of justice, and models of patience and mercy.</p> <p>We become an unshakably wise presence that harnesses the good, true, and beautiful for the greater good of all concerned. This is wisdom's way and our primary task in the second half of life.”</p>
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Invitations for Reflection and Sharing

What words/ phrases: -Inspire? -Invite (further practice or reflection)? -Challenge/ Provoke -Ask what's being called of me now?

Mark your calendars:

Next meeting: Wed. Dec 3 @ 4:00pm PT (7:00pm ET) <https://us02web.zoom.us/j/6770705919>

Dates for Winter/Spring 2026: 1st Sunday or Wednesday of the month-(Sundays @ 9:00am PT; Wednesdays @ 4:00pm PT)
Sun, Jan. 4 Wed, Feb. 4 Wed, Mar. 4 Wed, Apr. 1 Sun, May 3
Zoom invites to follow...

Best regards,

Alan and Ranjeeta