

I hope you will join us as we explore shared experiences and teachings as we accompany each other on this journey of awakening. This month's 1st quote is from Jon Kabat-Zinn

"Perhaps ultimately, spiritual simply means experiencing wholeness and interconnectedness directly, a seeing that individuality and the totality are interwoven, that nothing is separate or extraneous. If you see in this way, then everything becomes spiritual in its deepest sense. Doing science is spiritual. So is washing the dishes." ~Jon Kabat-Zinn

2nd & 3rd quotes for contemplation

Everything is contingent upon everything else... People, animals, and other plants flourish, and give themselves in turn. The Buddha suggested that human beings can get along best by following this natural way of things. Giving creates happiness; greed creates misery. ~Robert Aitken Roshi, "Giving Full Circle

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. ~Dietrich Bonhoeffer