Practice in the Pandemic pt. 2

Can you see this as an opportunity to start, restart, or renew your commitment to your spiritual or meditation practice?

Times like these are what these practices are made for. Returning to the basics, re-entering them into your systems, both internal and external.

Returning to knowing the purpose of this practice: to liberate you from your suffering.

Now, we have suffering, also known as stress, irritation, annoyance, inconvenience, upset, loss, pain of uncertainty and change.

It does not help me to go over and over those in my mind, I do not solve them that way, even though problems need intellectual solutions. But what do I want to carry the burden of?

Nothing.

I can still show up, be there, solve problems, but without the sharp edge of suffering. At least, this is the aspiration to incline towards. Incline towards something to do with this practice, and now is a great opportunity to vow to a daily practice. Even if it’s 2 minutes. That’s how I started.

In the slowed down or disrupted schedule that many of us have been immersed in these past few weeks, have you noticed anything emerging?

A real emotional storm? Or a real emotional renaissance, one leading to the other…?

Can you hear your heart? can hear mine. Can you accept your heart and all of its turbulence and longing and difficulty? We sit and breath with the heart as it is.

This IS meditation, to get quiet, go somewhere where things have quieted down a little, and turn inward. Can we open our hearts and minds enough to acknowledge some of the things we may fight against at this time: slowing down the multitasking, uncertainty, change, loss, being brought face to face with worth not being solely based on what you produce financially or any other way.

Meditation is equipped to give you the tools for getting through this, it’s the same things we familiarize ourselves with on any other day of practice. And yet, here is where the rubber meets the road of our cumulative practice. We are not unfamiliar with sitting with uncertainty because we’ve done it already in meditation, with instruction. Maybe it helped us break through that barrier of understanding uncertainty—that its ubiquitous and inescapable. Maybe for the first time we sat down with it in the room and we breathed with its presence instead of pushing it away or pulling in some comfort around it.

Willing to acknowledge the natural cycle of ebbs and flows in life? We touch on that too. Practice time is open for business, now.