

## Notes from Group Meditation- Nov 13, 2024



### Feeling our feelings in love

Today's practice calls us to live in the now, aware of what we are feeling yet to still honor the call to love and compassion

Tall order? Oh mama. Of course it is. The election is past and half of the country is happy and half is not. That, I believe, is how a democracy is going to work. We don't get our choice every time. So when we don't "win" what do we do? Well, first, we breathe.

First, I give you this quote from Sarah Zula who is a coach I know little about. But her words helped me this morning so I share so you might be helped also.

"There's a massive change for the better happening on the planet right now. This change won't be on the news, and it hasn't gone viral. And if you don't look for it, you won't even notice it's happening. This change is quietly happening in the hearts of humanity. People are realizing that we become what we focus our attention on. And we influence this reality based on who we become. So, people are realizing the "fighting" is senseless, and focusing on the chaos is futile. Rather, people are quietly focusing on creating their version on heaven on earth. They are helaiing themselves and focusing on creating more beauty. People have realized that awakening to their own divinity is what protects them from manipulation and allows them to become the change they want to see. It's sweeping through nations, but it's hard to notice. However, its strength is growing in numbers. Not strength in numbers to "fight". Fighting only breeds more fighting. It's strength in numbers to create such a beautiful world that it will be obvious for others to joinm. To the point where one day, they will hold a war, and no one will come. The frequencies of war, greed and manipulation will no longer be able to exist in a reality full of sovereign, awakened beings, living connected to their divinity. "

I like to have the group start by practicing being the observer of our minds. It's a way to step our of your busy brain identification and settle down into your heart center a bit. So breathe in and out, watch your breath, or let your awareness rest on your connection to earth or to the cosmos. Settle down, rest and when the mind wanders, just notice what it wandered to, make a note then call it back to watching the breathe or to your connection to earth, the cosmos or even just to this group.

Now, how do we work with a world that appears chaotic, our own feelings which might feel chaotic or angry or hopeless? Well, again, meditation might be a solution.

I guess today is my day to share what other teachers say as sometimes I worry that you hear me babble on and might not really connect with what I'm saying. Once after a class, a friend said to me, "i really hope you're right but it sure doesn't look like there's anything good going on here. LOL

So I give you a few minutes from two lovely teachers, Ram Dass and Thich Nhat Hahn. Actually it's Thay who is really teaching and Ram Dass is being taught. I am playing the video because if you haven't sat with the teachings of Thich Nhat Hahn, I want you to hear and feel him. So gentle, so sweet, so wise. He was a Buddhist monk in the Zen in VietNam. In the 1950s, he was active in trying to bring Buddhism and its practices of peace back to VietName. He was imprisoned and later exiled from his country for promoting peaceful action. He had quite a hard life but settle in France and founded the Plum Village Community which is still thriving today. More about his work at <https://thichnhatanhfoundation.org/thich-nhat-hanh>

<https://www.youtube.com/watch?v=jsnUonUZBuY>

Sp as I guide you through the rest of the practice, I ask you to hold you feelings up to the light of love. Yes, there can be anger and fear but hold them mindfully. Thay asks us to hold them as a mother holds a baby. Stay mindful with your emotions and how they are making you feel. Attention stays on you, in the now and try to not allow your attention to run to the THEM, THEY etc. Breathe deeply and hold your energy, your life force energy on you and this moment. Allow your connection to the earth and the cosmos to remind you that there is a much larger world here than the news might suggest. You are not alone right now. You are not a victim, right now unless you give your power away. Your energy, your attention, your breath is where your power lies. Don't give your life force energy to what you do not wish to have come. If you're going to visualize, pull up visions of the world you wish for. Not specifics like, I want my team to win... more of wishing to live in this world that honors love and compassion. See that energy of physical and spiritual in all beings you think about, even those who disagree with you. Don't try to hard, but try gentle and often to find a way to love.

**Find a way to love!**

There are more online resources at <http://www.SuniMoon.net/resources>