

6 October 2019

Dear Colleagues,

Welcome to Week 8! And I trust this email is finding you well as can be. As we continue to integrate these practices together, I share this reflection from the Lalitavistara, translated by A.L. Basham. It is called, "All Things Conditioned."

*All things conditioned are unstable, impermanent,
Fragile in essence, as an unbaked pot.
Like something borrowed, or a city founded on sand,
They last a short while only.*

*They are inevitably destroyed,
Like plaster washed off in the rains,
Like the sandy bank of a river –
They are conditioned, and their true nature is frail.*

*They are like the flame of a lamp,
Which rises suddenly and goes out.
They have no power of endurance, like the wind
Or like foam on the shore...
All unsubstantial, essentially feeble, unless fed.*

*The sage knows the beginning and end of what comes into Awareness,
Its production and passing away –
The sage knows that it came from nowhere and returns to nowhere,
And is empty of reality, like a conjuring trick.*

The sage knows what is true reality,
And sees all conditioned things as empty and powerless.

In essence, this mindful compassion practice is about looking again with kindness and understanding, all the while agreeing not to condone the condition that created the pain and suffering or even agree with it. It is just seeing what is there while suspending the natural inclination to react or tell a story about what is being witnessed.

As we move into this week, the practice is to bring this now into our communication experiences – the processes of listening and speaking. And during this week, we will practice listening to content – the words – as well as listening to the emotions that drive the words.

Also, if you haven't already done so, please be sure to complete the mid-course check-in survey found at https://sdsu.co1.qualtrics.com/jfe/form/SV_daL99Zu76Ue3jlp

I look forward to e-seeing you in our e-class this week!

Enjoy the practice!

In loving kindness,

Marilee and Carol