

“Our minds are like a balance scale, and as long as we’re identified with these judgments and preferences, likes and dislikes, wants and aversions, our minds are continually thrown out of balance, caught in a tiring whirlwind of reactivity.” Jack Kornfield

My teacher, Thich Nhat Hanh, is fond of saying that when we are caught in the storms of life, we can take a lesson from the trees. We need to remove our attention from the branches, or outer experiences, because they are easily whipped around. We need to go deeper even than the trunk of the tree, or the more stable part of our conscious mind. We must bring ourselves deep into the roots, or connection to our Source, to find strong stability no matter what the outer storm may be. Over the years this simple teaching has become a training for my mind and brought much stability and balance – even in the uncertain times in which we live.



Photo Credit: Ronna J. Biggs
“Yellow Point Poolside”

Balance is our focus this week with an emphasis on allowing beauty and the expression of excellence to center and inspire us. This week I challenge you to pay close attention to the expressions of the world that restore your mind and heart to stability and balance. When the storms of reactivity want to whip you about, focus your attention on the depth of beauty and the expressions of greatness in the world. Take those images and feelings deep into the core of your truest self and dwell with them. The way forward comes from this deep well of vital balance.

Stay strong!

Dr. Andrea

This week’s assignments:

- 6 Days a Week: Do ten minutes or more of spiritual practice.
- 6 Days a Week: Read the daily passages from Mark Nepo’s “*The Book of Awakening*” - Dec. 15-21.
- Watch/Listen to Louie Schwartzberg’s TED talk “Nature. Beauty. Gratitude.”: https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude
- Consider joining a weekly spiritual discussion group to share your experience with a small group of like-minded others. Contact us if you would like to be part of one of them.

“For Beauty”

As stillness in stone to silence is wed,
May solitude foster your truth in word.

As a river flows in ideal sequence,
May your soul reveal where time is presence.

As the moon absolves the dark of distance,
May the style of your thought bridge the difference.

As the breath of light awakens color,
May the dawn anoint your eyes with wonder.

As spring rain softens the earth with surprise,
May your winter places be kissed with light.

As the ocean dreams to the joy of dance,
May the grace of change bring you elegance.

As clay anchors a tree in light and wind,
May your outer life grow from peace within.

As twilight pervades the belief of night,
May beauty sleep lightly within your heart.