



Cloud Mountain - Newsletter

Meditation as Self-Inquiry

Jesus said, “Let one who seeks not stop seeking until one finds. When one finds, one will be troubled. When one is troubled, one will marvel and will rule over all” - Gospel of Thomas

What might be the relationship between stillness, noticing and self-Inquiry as meditation? Our life actually presents far more layered than we first realise. Stopping itself is a necessary and powerful aspect of meditation practice, probably the most difficult. In the act of stopping we give self-permission to notice, to feel, to open or awaken to the intuitive capacity to see more directly at what is happening with the full range of possibilities. At any point we can become more sensitive and resistant, therefore persistence to “Not stop seeking” becomes important and vital.

Willingness to hold an open Inquiry with the life that presents can be one way we name the meditative life. David Whyte says it is to **‘hold an inner conversation’** In contemplation we engage through the space provided for directly relating to whatever arises. *Inner conversations can be held as dynamic wordless intuition.* The Zen way along with contemplative wisdom is always to refrain from conceptual dependence or upon the thought processes. We are mostly already too full, too surrounded and too cluttered with a thousand ideas and impressions about how our life and the life around us ought to present.

“To seek” Is a profound attitude of willingness. Jesus invited his listeners **‘To enter the narrow door’** *the door of subtle peering.* Seeking is not grasping, but remaining true to our inner calling to be intimate and present to what is.

Contemplation is to see, to gaze, to look. It is hard to remain in a gesture of looking, of being alongside that which comes into the mirror of our looking. When we take up a commitment to meditation practice we are embarking on a training of heart and mind to stay the course-this is why it is ‘a narrow door’

“Until one finds” One discovers the life we thought sustained and made us, is actually empty of substantial solidness- opening to a vast field of being. Our Self in every glance, in every moment, in every hearing is complete; a unified stream of concurrent happenings, without objectification. We as the world are a turning moment of absolute subjectivity, so ideas of self as separate are vanquished-offering great relief. We are never alone and never able to exhaust the brilliance of Being we stand and walk in. What can be against us? This can be both a

February 2018

WEDNESDAY MEDITATION
Sitting 7pm – 8pm

NEWSLETTER

The NEWSLETTER is offered on a monthly basis to keep you informed of retreat opportunities.

If you do not want to receive this newsletter please let us know via email.

‘When you sit in a Zen posture, it is not for yourself or the sake of your health. You are doing it for the whole of humanity’ -Master Taisen Deshimaru

welcomed and un-welcomed surprise for it upsets our normal ways of interpreting. The Zen teacher Thich Nhat Hanh calls this awareness and new ground of perception **'Inter-Being'**

Why 'to become troubled'? When our life opens we cannot pretend it otherwise, greater sensitivity, compassion, awareness and informed action flows. Clarity and truth about our situation requires deepening and expanding compassion. Both as a self-directed inner consideration and conversely towards the world we live and work in. This is the razor edge of practice-to be in closer connection with the world's pain and illusion requires intimacy also with our own, for inter-being means empathetic intermingling. **Greater consciousness means greater responsibility. Our practice has just begun, it never concludes, we refine and become finer in our sensibilities.**

"Marvel and rule over all" the world is not outside of us. Jesus is not establishing another concept of discipleship based on having knowledge over others, or being in an elite grouping or privileged position or knowledge, this would be separateness. We unfold to a new vision and ethical relationship to the ALL. We are totality, nothing special. We can continue to give room for the hurtful, misunderstood, the despised in life- recognising non-judgementally this is also making friends with the same in ourselves. **'Too marvel'** is the realisation that no-thing is over us or missing, there actually are no gaps, we are always home. **"To rule"** is to be in a vital relationship with the totality of life. We belong needing no longer to be governed by whims, moods, the praise or disapproval of others, we stand in a strong relational connectivity to ONE groundless ground.

The marvel: 'What I thought was lost is found' but it Never was lost.

Orientation Day Saturday 24th February 9.30-4pm

A day of mediation and instruction at Cloud Mountain Retreat.

The day is structured for new people starting out and those who have an established a meditation practice. Paul Sanders will offer some essential instruction around practice approaches for commencing and maintaining a meditation practice. The day will be involve communal participation through - shared meal, meditation, conversation and questions. Introduction to the unique contribution offered by the Zen stream, Mindfulness and Contemplative wisdom will be covered.

There is a space for residential stay as part of the orientation-please enquire.

Cost: \$30, Concession \$ 20.

Phone Paul Sanders 0407833515 for booking.

***'Your capacity to love others depends on your capacity to love yourself,
and take care of yourself*** -Thich Nhat Hanh.

Cloud Mountain
Latest news Dates

RETREATS AND EVENTS



Dunkeld & Peaks Pilgrim Walks

silence~reflection~friendship

March Pilgrim Walk:

**March 7-12 (Long week-
end)** Just 2 residential
places left.

May Pilgrim Walk:

May 4-7 - eight places
available.

Zen & Contemplation Retreat

April 20-23 2018

Orientation Day

March 24

Check website for more
details.

cloudmountainretreat.com.au