



Cloud Mountain - Newsletter

Mindfulness as Decision

We know how difficult it is to maintain our resolve. Mindfulness can never be about getting a precise understanding of the import of every moment in our waking life, it is much more about awareness of the possibility of decisions constantly presenting.

What is the best thing to do right now? Sometimes this might be simply to feel into confusion or anger or delight in the ordinary. It is a decision to remain attentive when you might want to cut off your awareness. It might be to remain suspended as an open inquiry when things are not clear. It might mean remaining intact with an unwanted thought of feeling rather than suppress or deny. Mindfulness is a high order act and is much more about decision making that blankness or seeking conforming feelings or not having thoughts.

Insight and right actions stem much more by remaining in the middle of things without premature resolution. Our age is probably not given to the ancient virtues of patience, not knowing, humility and trust from where wisdom is born.

Mindfulness and meditation are more than techniques they are practices which build resolve and capacity to remain engaged with the full range of feelings, thoughts and actions which rise from the personal collection of patterns and interpretations we have become accustomed to live from. The great practice traditions, now affirmed by much contemporary research knowledge were committed to waking up much more than relief or adjustment.

Viewing mindfulness and meditation as a moment to moment decision enables us to see how the observing mind can be relied upon. Can I be with this? Can I be present to this with great trust that the decision to 'be with' actually permits the very attitude and openness for insight to become realized?

Being present enables us to avoid picking and choosing-the way is always under our feet as the eyes which look, the mind which gives attention. We are humanized into a compassionate response by fully living each moment as an opportunity for decisions. This is never about perfectionism, or accomplishment, rather to be able to enter with a larger gaze into what is being asked in any moment. We are able to get it wrong, or to fail. If we remain engaged we can be assured the opportunity will come around again.

The most important decision, am I willing to remain engaged? Can I approach practice as occurring even when I have missed a moment of awareness. This is not a matter of diminishing the importance of attention, but it is good to be reminded *Self does not go away just because we lose presence-IT is always present to us.* Our body/ Mind are making trillions of decisions on our behalf without our consent or conscious decision making. Our consciousness is simply the tip of a vast unfathomable network of exchanges. The decisions we make or fail to make never cancel life-but they

January 2019

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.

Know all things to be like this:

A mirage, a cloud castle,

A dream, an apparition,

Without essence, but with qualities that can be seen.

form an essential element in the lopping feedback of our collective and personal consciousness as ethical living.

We are gifted to be collaborative participants. A decision might be to ask further questions, to locate a good listening ear, to deepen our understanding around avoidance or patterns which *seem to* keep us pinned. Mindfulness and meditation from one point of view are more than coping or conquering techniques, they are a life commitment to intimacy and justice. They are our life, alive as a moment to moment decision to be fully engaged to When, What and How.

Paul Sanders.

Next two Events: Mark the dates. (web changes coming)

Zen/Contemplative Retreat

Friday 5 - Monday 8 April

A retreat for those seeking to begin a practice and for long time practitioners: Zazen, (Contemplation) Silence, Mindful walking, Teacher interviews and communal experience of meditation.

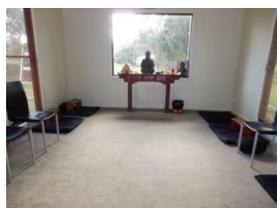
Cost: Residential full \$300, \$220 concession.

Dunkeld & Peaks Pilgrim walk - Southern Grampians

Friday 3 - Monday 6 May

A three day easy-moderate 60K walk with four nights accommodation. A group experience of walking in the beautiful plains and mountains of the southern range. Guided and supported with all food, accommodation, engaging conversation, hospitality and options for art, meditation/yoga.

Cost: Residential full \$580, \$450 concession.



Stays at Cloud Mountain

If you are seeking opportunity to take a break for rest, reflection, meditation with support or without we are most willing to have you stay. Our hope has been to establish Cloud Mountain Retreat for those who might benefit from taking time to be separate for a period for the purpose of pausing and deepening the soulful aspects of their work and life. The house is wonderfully positioned besides the arboretum, farmlands with walks and spaces for contemplation. We have a dedicated space for meditation/yoga and a space for art practice with smaller spaces for quiet reading and reflection. Please inquire through email or phone. It is advisable to book a space in advance. Costs can be tailored to your capacity to contribute.

Cloud Mountain
Latest news Dates

RETREATS AND EVENTS

*How amazing
Our life keeps turning up
Even when we do not
How amazing
The life which turns up
Turns the earth
Grows the grasses
Sweeps the rain
And right now
A friend knocks on a
friend's door
How amazing this life
stretches endlessly
And lets us awkwardly
and clumsily participate
How amazing.*

Paul Sanders