

June 2020

Greetings!!!

I hope this email finds everyone doing well. With some of the restrictions on our behavior that are currently in place, these can be difficult times. We just have to keep acting responsibly, and respectfully towards others. My meditation and practice are really helping me at this time. The roof garden, which is doing quite well, has been keeping me busy. I have been eating some of the greens, while the Walla Walla onions, tomatoes, and strawberries are all doing well.

I would like to go over one particular thing that has come up for me while staying at home. This is the attitude of FAULT FINDING. During these times, we can have a heightened sense of various kinds of pain, whether it be spiritual, physical, or emotional. When this hits, an obvious solution is to find something to ease the pain. In the extreme case, we may resort to abuse of alcohol or drugs. I think that we are all aware that in the long run, these can be very detrimental. For myself, I often turn to a more subtle method - FINDING FAULT with myself or others in order to mask the pain that arises. Sometimes, when I wake up with a feeling of dis-ease, I find myself feeling down and I can quickly turn to self-critical thoughts, FINDING FAULT with myself. For example, I tell myself that I'm not capable enough to do certain things, that I will make too many mistakes. Or I tell myself that I'm not smart enough to work out certain problems. This can easily be turned outward also - we can easily become highly critical of others, particularly if we are stuck in the house with family or friends. We can sometimes find ourselves being quite cynical or mean spirited. It is important to be very mindful of this. For myself, I really have to work on catching it, meditate, and let the Eternal, with its compassion, sympathy, and love wash through it. We run into trouble when we fail to recognize the magnificent flow of the Eternal that is in everybody and everything. Instead we may start looking for things that cover up the Eternal, things such as anger, greed, hate, and delusion. This only makes the pain worse. When we allow ourselves to open up through our meditation and practice, we can get closer to the Eternal.

Through all my years, I have had a kind of addiction to FAULT FINDING. It's almost like my default setting. The meditation and practice has rarely failed me in overcoming this. It has helped me see how much suffering this attitude has caused me. Without the practice, I don't think I would have ever seen this. I am very grateful.

I just want to urge all to keep up their practice. It really helps. For those who want to start at the beginning, just do a little meditation each day, while staying mindful of those things that distract you from the peace and stillness within.

Take Care.

With all my heart,
Rev Basil