

Friends of Silence

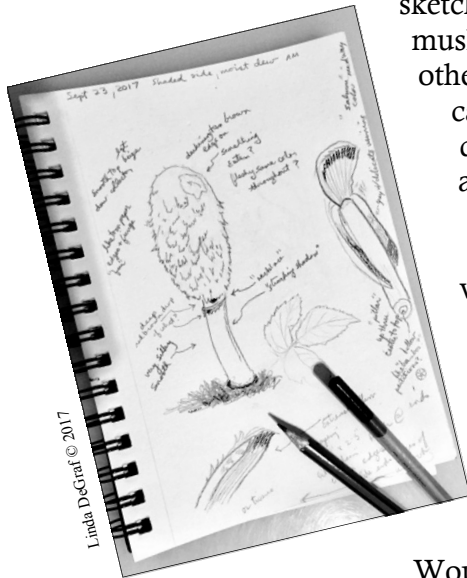
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“Is there enough Silence for the Word to be heard?”

Dear Friends ~ All around us seasonal changes are beginning to mark the passage of time and I wonder—have the efficiencies of technology and the urgencies of modern culture’s pace changed our relationship with time itself? I recently participated in a workshop on nature drawing. With naught but a couple of charcoal pencils and a



sketchbook, I sat down in the dewy morning grass to look at a mushroom. Twenty minutes passed as we encountered each other. The feathery white fringe encircling its narrow dome caught miniscule pearls of dew. Peering under its cap, I discovered a delicate collar necklace draped at an angle around the top of its pristine silk-smooth stalk. Without disturbing this elegantly turbaned upright specimen, I peered inside another fallen-over comrade to discover a whole ream of filmy, tissue-thin “pages” hidden within its cap. Only later did I begin to wonder if these caps were already fully formed to remain tall narrow parabolas or whether they were just waiting to open like a parasol being raised. Had I opted for the instant gratification of a photograph, the phone would hold an image but would I have spent time noticing how the gills inside morphed from charcoal grey to salmon to ecru?

Would I have left any space for wondering how this moment fit into before and after? Or would this little wonder have flitted in and out of memory in a careless heartbeat?



It seems all too easy for modern life to become one continuous rush tainted with frustration and a feeling that there is never enough time to do anything with care and sensitivity. So it is a very useful practice just to take one’s time. The truth is that if we can take pleasure in what we do and be mindful, we will find we have more time. Our relationship with time itself can change. Time becomes full of life rather than second by second stealing our life away.

~ from REFLECTIONS ON EVERYDAY LIFE by Paramananda

Early morning dew
sparkling for a span of time
silently absorbed.

~ Ann M. LaVallee

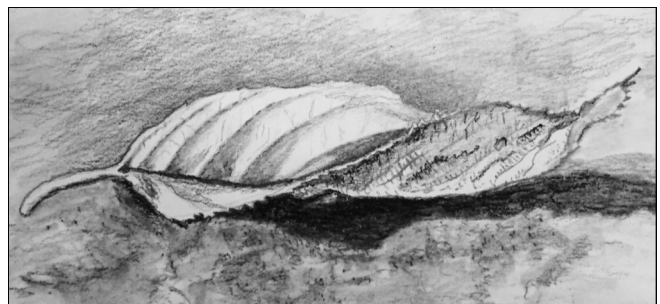
As spring and summer follow
the autumn and winter,
so our lives have their seasons.

Help us to live in the eternal
moment,
awaiting your perfect timing
in all things.

~ from PSALMS FOR PRAYING by Nan Merrill

When, living in the present in profound attentiveness, we experience “timeless moments” of radical present and Presence, we come very near to God.

~ from TO EVERYTHING A SEASON by Bonnie Thurston



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Return a culture to a sense of sacred time
and you will find that you can live
in a world that renews itself.

~ David La Chapelle

How do I treat the sacramental gift of time?" ~ K. J. Ingram

Have you also learned that secret from the river – that there is no such thing as time? ...the river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, at the current, in the ocean and in the mountains, everywhere, and...the present only exists for it, not the shadow of the past, nor the shadow of the future. ~ from *SIDDHARTHA* by Herman Hesse

Welcome the present moment as if you had invited it. Why? Because it is all we ever have. ~ Pema Chödrön

When you center the inner realities, your sense of time, depth, and truth changes...Don't let the shallowness and speed of daily life cheapen your inner wisdom. ~ Penney Pierce

My name is I AM...

When you live in the past with its mistakes and regrets,
it is hard. I am not there. My name is not I WAS.
When you live in the future with its problems and fears,
it is hard. I am not there. My name is not I WILL BE.
When you live in this moment, it is not hard. I am here.
My name is I AM.

~ Helen Mallicoat

God requires us to be oriented from moment to moment to what is in the timeless, and not to be stuck with our thoughts and fantasies of blaming and self-pity and the belief that the past is responsible for our present problems. What is needed is to understand life in the dimension of the timeless, where everything becomes meaningful and self-revealing.

~ from *SELF-TRANSCENDENCE* by Thomas Hora



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The highest point of life may be to live in a state of pure flow, a “now-state” without past or future, in which prediction and control are not factors—a state of continual, instant-by-instant adaption to the unknown.

~ Joseph Chilton Pearce

For us, there is not just this world, there's also a layering of others. Time is not divided by minutes and hours, and everything has presence and meaning within this landscape of timelessness.

~ Joy Harjo

There comes a time when the world gets quiet and the only thing left is your own heart. So you'd better learn the sound of it. Otherwise you'll never understand what it's saying.

~ Sarah Dessen

We find our own origins in the ancient arts. Loss of the ancient means loss of the realization of the timeless in the present time, whenever an old tree is cut, whenever an old landmark is razed. When the place of one's personal roots are destroyed the roots of the individual wither.

~ from *A ZEN WAVE* by Robert Aitken



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Time is endless in thy hands, my lord.

There is none to count thy minutes.

Days and nights pass and ages bloom and fade like flowers.

Thou knowest how to wait.

...At the end of the day | hasten in fear lest thy gate be shut;
but | find that yet there is time.

~ from *“Endless Time”* by Rabindranath Tagore