

The Practice

The practice is always the same
and always changing.
This year it is about balancing humility with
equal amounts of acknowledging expertise.
It is about recognizing that Every Person
Every Thing
Every Experience
is the profound teacher, but,
But, only if
if I am willing
to surrender ego
and its shadow side of insecurity.
Only if there is willingness to
be the student
Again and again and again,
while also holding the wisdom of a long and
Mature Practice.

Every year it is also
how to allow for more lovingness in my heart,
fuller forgiveness
deeper wisdom.
Every year it is a persistent ego that
shows a different face,
A belief system that
reveals a present wounding,
A god-hungry heart that seeks
Greater connection to the community of the Divine.

And some years.
Well, some years, it is just about treading water and holding desperately to faith
that some day it will all make sense.

My practice
is to trust that it all makes sense,
That the journey is the purpose
Not the destination,
Because each of us
regardless of practice, spirituality, or kindness
will rest back into the soil of mother's arms
from which all life is born.