

Open Circle Mindfulness Raleigh
REVIEW, REFLECT & PRACTICE

Session 65, Aug 6, 2026

<https://www.opencirclemindfulnessraleigh.org/review-reflect-practice>



Looking Deeply

The first poem I learned and memorized as a child was by William Blake:

*To see a World in a Grain of Sand,
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand,
And Eternity in an hour.*

Blake suggests that far more is present than first meets the eye. Ordinary things—a grain of sand, a flower, a single moment—contain depths we seldom notice. Poets such as William Blake often see deeply, and meditation invites us to do the same.

The Vietnamese Zen teacher, poet, and peace activist Thích Nhất Hạnh called this *looking deeply*. He would hold up a sheet of paper and invite people to see the cloud floating in the paper. This sounds strange to our surface mind, but when we look deeply—with the eyes of a poet, he would say—we begin to see the cloud that became the rain that became the tree, the sunshine, the soil, the logger, the person that baked the bread the logger had for breakfast, and the whole web of conditions that made the sheet of paper possible.

Looking deeply, we discover that nothing exists by itself. Thích Nhất Hạnh called this *interbeing*. Everything exists in relationship with everything else. We inter-are.

Meditation is an invitation to look deeply. We slow down, become quiet, and begin to notice what has always been here: awareness, presence, interconnectedness, impermanence, the constant changing of experience, the flow of life. These are not simply beliefs. They are realities that are revealed through our own experience when we look deeply.

Sustainable Compassion Training (<https://sustainablecompassion.org>) begins from a wonderfully gentle place. We create and rest within a Field of Care. We bring to mind a caring moment with a person, an animal, a place in nature, or a spiritual presence that naturally evokes a sense of being welcomed, accepted, and deeply cared for.

From within that field of care, we simply notice what becomes visible. Sometimes what comes into view is kindness. Sometimes gratitude. Sometimes our shared humanity. Sometimes it is simply the recognition that we are not as separate as we imagined. Looking deeply, we discover awakened qualities already present within us—our innate goodness, wisdom, compassion, and capacity to care. We do not need to manufacture these qualities. We allow them to emerge, and we rest within that caring awareness.

Deep looking is not about looking harder. It is about looking with a quiet, caring, receptive awareness as reality reveals itself.

For continuing Sustainable Compassion Training practice this week, you will find recordings of *Field of Care Meditation* and *Compassionate Presence to Feelings* at <https://sustainablecompassion.org/audio/>.

May any benefit of our practice this week contribute to the healing and transformation of the world.

Betsy

For more information and notes from past meditation sessions, please visit the
Open Circle Mindfulness Raleigh website:
<https://www.opencirclemindfulnessraleigh.org>