

SANTA ROSA Zen Group

Readings and Talks

On Being Present

Diane Moore

Sometimes pain is overwhelming
and the heart gives in to the mind's desire to run
feeling like it cannot return until an answer
rises up from the depth of our despair.

What else might be acknowledged rather than this?

What else might be worthy of my attention that doesn't ask
so much of me and you.

Scanning our landscape we find the discomfiture and futility of
avoiding now.

Life is asking this of us.

You and me.

It is asking me to be present to my own heart breaking as it witnesses
your pain.

Where does my pain and your pain blend?

Can we see that if we are fully present there is no separation
and no need for an answer ?

Other than to breathe together with awareness of *this*!

To care together with awareness of *this*!

To love together with awareness of *this*!

And let that love sustain us.