

BK notes - to bless the space between us

+Reread 'At the End of the Day: A Mirror of Questions', 'For solitude', and 'For the Time of Necessary Decision'.

*Modern culture has not preserved rituals to protect, encourage, and guide us as we cross new thresholds in our life journey. Blessings are one way to put words alongside our presence at these moments.

*Life experience is the visible sign of invisible grace. Being true to the call of experience is the surest way to be true to the divine.

*A beginning is an invitation to grow into the gifts and potential that live within us.

*Great opportunities often knock quietly. It demands us to always improve our listening skills.

*Work should regularly kindle the excitement and creativity to journey beyond wearisome limits.

*Work must fit the rhythm of the soul so that new ideas, visions, and inspirations emerge naturally.

*Build in others the confidence to follow the calling of their gifts.

*Desire is how the heart calls for change and dreams are its primary narratives.

*Change often comes like spring - though the appearance is sudden, it is often the result of a long and gradual process working deep beneath what is plainly visible.

*It is wise to know how to recognize a threshold and important to reflect whenever we do so on all that has brought us there and all that we hope the crossing will enable for us.

*You can make any journey if the destination is home.

*Parents inevitably make mistakes and create damage. An adult must work through this to earn freedom, tranquility, and forgiveness.

*A mother's voice is often the first sound we associate with home.

"May all that is unlived in you
Blossom into a future
Graced with love."

*At the end of the day, ask:

- Where was I hurt without anyone noticing?
- What did I learn today?
- What new thoughts visited me?
- What differences did I notice in those closest to me?
- With whom did I feel the most myself?
- What reached me today, and how deep did it imprint?
- What did I avoid today?
- Why was I given this day?

*The heart always remembers who we are.

*Grief takes its own course to push aside moments of happiness or ambush us in the midst of another activity without forewarning. We must trust it to let itself out when it is time to leave.

*Art is an attempt to create living permanence.

*People who find their calling find focus and purpose in life and live in rhythm with the deepest longings of the heart.

*Living where you feel misplaced means every effort goes against the grain. This might be a good moment to sacrifice the familiar and seek a true calling, a place where energy comes naturally and immediately to pursue clear and creative passions.

*No one learns an elegant or easy way to die.

*A necessary decision means reaching a threshold we know must be crossed. It requires trust that a richer life lives there and that we can lose only what is already dead within us.

*Modern life has made us converts to a religion of stress and a worship of progress.

*Cultivate the art of presence to engage with those around you.

*The word 'closure' does not match with the open-ended nature of experience. Trust in the rhythm of emergence and remain open to what experience is willing to teach us.

*Even dark gifts can plant unexpected fruit.

*The most decisive presences in life are invisible - soul, thought, time, love, and so on. From the invisible, the visible is born.

*Each morning, remember that someone in the world will never forget today.

*An unlived life remains within habits and repetitions to shrink away from the risk of possibility until we fit in spaces too small and confined for the potential of our spirit.

*A threshold is a line that, once crossed, cuts us off from the previous space. It essentially divides past and future. In most cases, we cannot return because the act of crossing changes us forever. Reflecting on these thresholds often points us to the way we shaped our own destiny.

*A wound always heals from the edges. It is as if our health invades the injured area and forces it into healing.

*Silence damages our integrity and dignity. What turns out poorly often has simple beginnings nurtured by silence. The largest majority is those who acquiesce.

*We must respect our own individuality - otherwise, how can we do this with others?

*It is time for a change when a force within leaves us uneasy with how things are.