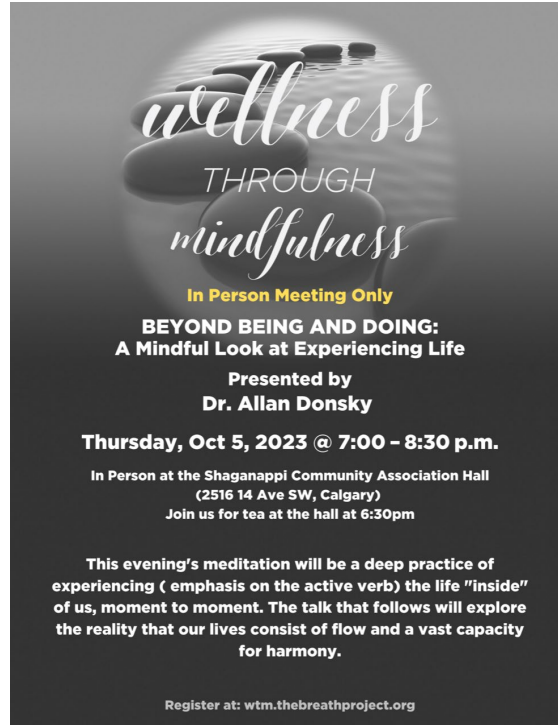


WTM October 5, 2023



This presentation will explore the common view that our life consists of a separate physical body that “has” discrete thoughts, feelings, experiences, and relationships. When seen in this self-centred way, we miss out on another reality where we can encounter life as a more dynamic, fluid, integrated and holistic experience. When our body, our being, and what we do starts to merge, it leads to a greater wisdom, sustainability and flourishing.

- We don't want to meaning of life we want an experience of it. Joseph Campbell
- Common view is separate “I”, in a body or having a body. We believe the body to be what we “ are”
- We see ourselves as being and doing in the world out there.
- We live in two worlds, the world out there and the in the world. but they are not separate – e.g. vision.
- The world inside = Five aggregates – form, sensation, perception, mind (thoughts and feelings), consciousness. None of them all fixed and unchanging.
- Nothing is permanent.

- Change is constant and made up of movement, shifting, morphing, transitions, transformations. Movement = energy.
- Constant death, birth and rebirth.
- Problems arise when we resist, deny, try control the uncontrollable and believe that only the mind is in charge.
- Thoughts and feelings are energy which is always looking to move. Therefore, it can be transformed and directed into more life-affirming, positive ways of being.
- Slow down, patience and Kindness (SPK) followed by Peace, Beauty and Joy (PBJ)
- These allow us to see that light is hidden in the darkness. Pain reminds us to look for ease. Grief reminds us of the beauty of relationship, impatience asks for patience etc.