

Session 2: The Luminous Pause

Being Present to What Is

“

“Life is a luminous pause between two mysteries that are yet one.”

”

-Carl Jung

*“How, then,
shall we live?”*

The story of Rabbi
Zuzya



“

I tremble because I think God will ask, “Zuzya, why were you not more like Zuzya?”

”

The Central Question

What if the only real failure is failing to live our own lives?



The Masks We Wear

*“Now I become myself. It’s taken
Time, many years and places;
I have been dissolved and shaken,
Worn other people’s faces....”*

-May Sarton

Three Pathways to Awakening

- The Path of Pain
- The Path of Joy
- The Path of Soul



The Path of Pain: Awakening Through Suffering

*“All your sorrow exists for one reason -
that you may end sorrow forever.
The desire to know your own soul
will end all other desires.”*

-Rumi

Autobiography in Five Short Chapters

“There’s a hole in the
sidewalk.”



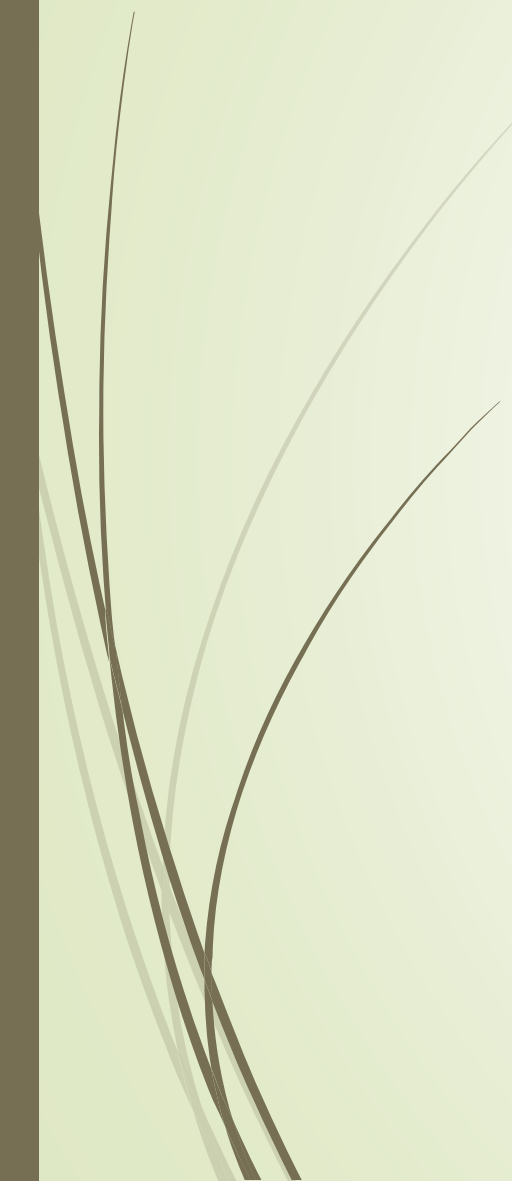
Post-Traumatic Growth

Growth comes not
from trauma itself,
but from our struggle to
work through it.





What We Need to Awaken

- ▶ See clearly what is (awareness)
 - ▶ Face the truth without flinching (acceptance)
 - ▶ Choose wisely while listening to our heart (discernment)
 - ▶ Stillness. Just enough stillness.
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The Path of Joy: Follow Your Bliss

“When it’s over, I want to say:

all my life [L] [SEP]

I was a bride married to amazement.”

-Mary Oliver

The Obstacle:
"It has to be grand."





Be Drawn to What You Love

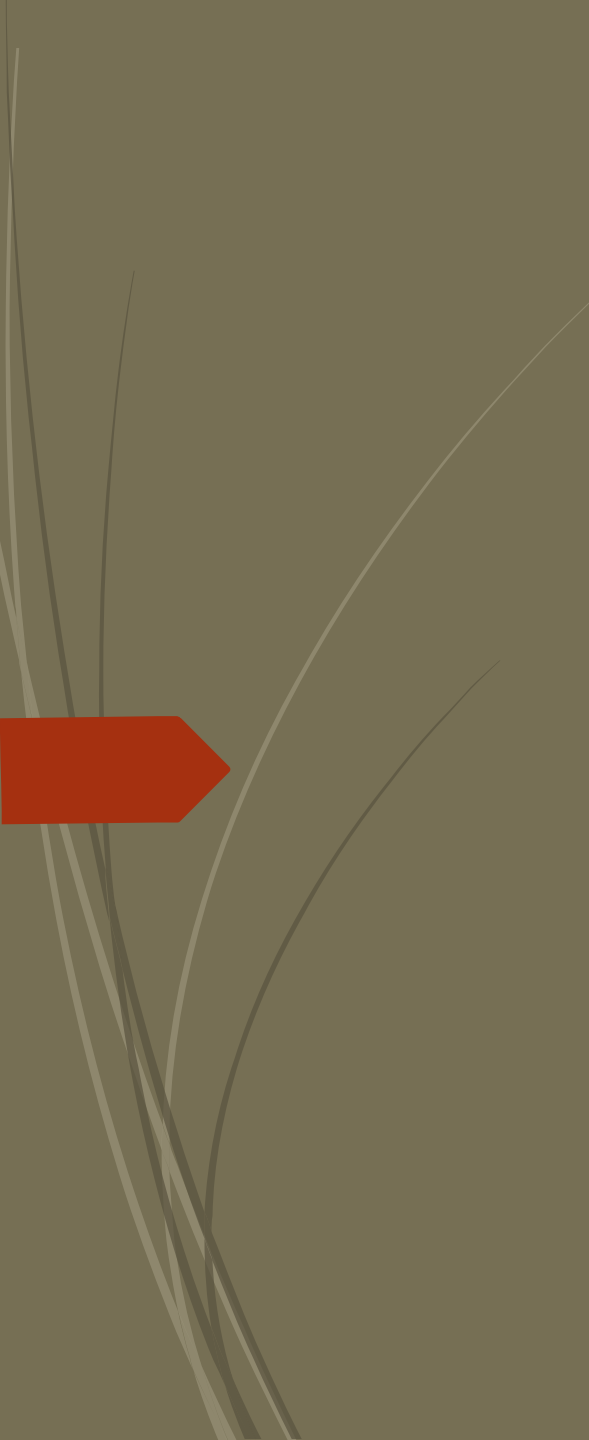
“You must return with the bliss and integrate it.

The return is seeing the radiance is everywhere.

Sanctify the place you are in.

Follow your bliss. . . .”

-Joseph Campbell



The Path of Soul: Awakening Through Longing

*"Soul is the capacity of a human being
to have a sacred experience."*

-Rachel Naomi Remen

Encountering Soul: The Thin Places

*"This is the first,
wildest, and wisest
thing I know, that
the soul exists, and
that it is built
entirely out of
attention."*

-Mary Oliver



“

*The soul doesn't want to be advised
or fixed or saved. It simply wants to
be witnessed.*

”

— Parker Palmer

Listening Within: The Thread You Follow

*“There’s a thread you follow.
It goes among things that change.
But it doesn’t change.”*

-William Stafford





Reflection: “The Blizzard of the World”

“The blizzard of the world has crossed the threshold and it has overturned the order of the soul.”

-Leonard Cohen

- What inner or outer storms are currently in your life?
- What is it that draws you out of the storm? Describe the hearth that beckons you, or the home that you would like to return to.
- What is the thread you follow? E.g. what values have been a constant in your life? What has sustained you in times of challenge or loss?
- When do you feel most on path, most connected to the thread? What are you doing, what are you like?

“

*What a long time it can take to
become the person one has
always been.*

”

— Parker Palmer