

**Words of Wisdom (WOW) from Heartwork  
(A collection from 2004)**

Accept. Then act.  
Whatever the present moment contains,  
accept it as if you had chosen it.  
Always work with it,  
not against it.  
Make it your friend and ally,  
not your enemy.  
This will miraculously transform your whole life.  
Eckhart Tolle

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The following "favorite" is from a little book by Sanders and Sillers, called "I Hope You Dance" which also contains a CD of the same title, by Lee Ann Womack.

WHAT IS HOPE?

What is hope?  
To want? To desire?  
To expect that what's envisioned  
may indeed happen?  
YES to all the above.  
Is hope that gut feeling that it's  
worth holding out  
and hanging on for just a little longer?  
ABSOLUTELY.  
Is hope the core of the human condition?  
CERTAINLY.  
Can you have hope without  
faith and humility and wonder?  
THAT'S TOUGH.  
Just the thought that there's something bigger,  
something truer, something totally surprising  
out there waiting for us is...  
priceless.  
What would you be without hope  
growing deep in your bones,  
thriving in every inch of you?  
NOTHING.  
WHAT DOES IT TAKE TO HOPE?  
EVERYTHING

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An Opening Comes

I follow a thread

trying to flesh out the feeling  
fumbling with words that seem only  
to close the door.

Frantically, I pen a shadow  
of what fluttered my heart  
and cracked the sky.

Enough, I hope,  
to fly you to the bright surface  
I have skipped upon,  
like a smooth stone  
thrown in high summer  
by an exuberant  
blond boy.

A. Brand

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"At a certain point you say to the woods, to the sea, to the mountains, to the world, Now I am ready. Now I will stop and be wholly attentive. You empty yourself and wait, listening. After a time you hear it: there is nothing there. There is nothing but those things only, those created objects, discrete, growing or holding or swaying, being rained on or raining, held, flooding or ebbing, standing, or spread. You feel the world's word as a tension, a hum, a single chorused note everywhere the same. This is it: the hum of silence...

The silence is all there is. It is the alpha and the omega. It is God's brooding over the face of the waters: it is the blended note of the ten thousand things, the whine of wings. You take a step in the right direction to pray to the silence, and even to address the prayer to "World." Distinctions blur. Quit your tents. Pray without ceasing."

Anne Dillard

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## SUGGESTIONS TO HELP YOU ON YOUR JOURNEY

Something to meditate on....

It requires an initial leap of faith  
to see another reality  
in the experience of pain.  
Pain and darkness  
are extremely compelling.

You have physical bodies that ache  
and sometimes scream.  
You have emotions that seem to tear you apart.  
I urge you in those times of such stress,  
ask yourself who it is that is experiencing this.  
And the "who" that is aware of the experiencing,  
not lost in it,  
but aware of it,  
will be the bearer of the Light.

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"If you want to make God laugh, tell him what your plans are." Yiddish proverb

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#### INSPIRATIONAL ARTICLE FROM DALE

"Cheerfulness" is defined by Webster's dictionary as "a state of moderate joy or gayety." "Cheerful" means "happy and optimistic by nature."

Cheerfulness is what we naturally feel when we give up trying to make things happen the way we want them to, and accept things (including, especially, oneself) as they are. Robert Jungian, analyst, lecturer, and author of many wonderful books, including *Inner Work*, *Owning your Own Shadow*, *Ecstasy*, *Understanding the Psychology of Joy*, *contentment*, *A Way to True Happiness*, *He, She, We*, etc., says that the word "happiness" is derived from the root "to happen." And since things can only happen in this moment, the only way to be happy is to be fully present in this very moment.

Can you recall a moment in your life when you were truly happy? Do you remember how alive you were in that moment? You weren't preoccupied with the past, nor were you anticipating the future. You were fully present in the moment in which you were experiencing that particular joy. In fact, had you been involved in the past or future, you wouldn't have been experiencing the joy in that moment.

It is being fully in the moment that allows one to experience joy. You may think it was the particular circumstance that created the joy for you, but if that were true, you would experience that same joy every time you were in the same or similar circumstances. You cannot plan to be joyous. You can only learn to allow yourself to be present in the moment, and joy will come by itself. It is a matter of letting go.

Children live in the moment much of the time, and so are joyful much of the time. Before they learn to suppress their feelings, they simply feel what they feel when they're feeling it - and then let it go. They don't hold on to their anger, fear, or sadness. They fully experience their feelings in the moment that they are feeling them, and then that's it. The feelings are done being felt, and they get on with whatever is next. There is no residue. And so they are joyous. Even when we are experiencing deep feelings, there is an element of joy in the experience, no matter what they are feeling. joy is present whenever one is fully alive in the moment, no matter what the experience of the moment may be. As Jesus said, "You must become as children to enter the Kingdom of Heaven."

We have the ability to experience joy because we want certain feelings and experiences, and not others. We try to hold onto "good" feelings and experiences, and get rid of "bad" ones. This is the source of our suffering - our lack of joy. The only way to experience joy is to allow oneself to fully experience whatever one is feeling when one is feeling it.

Through the gateway of feeling your weakness  
Lies your strength

Through the gateway of feeling your pain  
Lies your pleasure and joy

Through the gateway of feeling your fear  
Lies your security and safety

Through the gateway of feeling your loneliness  
Lies your capacity to have  
Fulfillment, love and companionship

Through the gateway of feeling your hopelessness  
Lies true and justified hope

Through the gateway of accepting the lacks in your  
Childhood lies your fulfillment now.

Eve Pierrakos, Pathwork Lectures

We must give up hope in order to have Hope, we must give up belief in order to have Faith. The first time I gave up hope was the first time my wife told me she was leaving me. I lied down on the floor and let go of hope - for saving the marriage, for the future I had planned on, for lots of things... And in giving up hope, I Knew ( the kind of knowing that comes from very deep inside - not an intellectual knowing or a hopeful "knowing") that I would be o.k., she would be o.k., and the kids would be o.k. The next time I gave up hope, it was the hope of getting the kind of love I felt I needed from my mother. In giving up this hope, I became my own mother, giving directly to myself what I had been waiting my whole life to be given to me by someone else (i.e., my wife) The next time I gave up the hope of living forever, and I found my wholeness and interconnectedness with everything. Small "h" hope is a kind of wishful thinking that keeps us from experiencing and living in the capital "H" Hope that is the foundation of our being. Having given up everything, all that is left is what we have always been searching for: peace, joy, and love.

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Surrender

And so I did  
And I started to fall away  
Piece by piece  
As I watched myself go by  
I grew inside  
And my fears became nectar  
As my heart embraced  
The freedom as they fell  
Into me  
And I remembered  
All that is  
In just one moment  
Of truth  
And I rejoiced  
And screamed out YES  
To all the houseguests  
That live in me  
The ones I shy from  
And hide from and deny  
I invited them all  
To stand tall with me  
So I could feel  
The totality of one  
And as I fell  
My heart expanded  
Exploded into tenderness  
As the symphony played  
Within and without  
Music of my heart  
My deepest yearning  
And my greatest fear  
That I may not feel  
And the pain of that  
Alone, would kill me

And I would die  
But, guess what  
I chose me  
And I feel free  
And oh so grateful  
To feel my heart  
So full and large  
Moment to moment

Donna Berber, 7/26/03  
8 Day Heartwork Retreat

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Fill your bowl to the brim  
and it will spill.  
Keep sharpening your knife  
and it will blunt.  
Chase after money and security  
and your heart will never unclench.  
Care about people's approval  
and you will be their prisoner.

Do your work, then step back.  
The only path to serenity.

"Tao Te Ching," ed. By Stephen Mitchell

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Are you looking for me? I am in the next seat.  
My shoulder is against yours.  
You will not find me in stupas,  
not in Indian shrine rooms,  
nor in synagogues,  
nor in cathedrals:  
not in masses, nor kirtans,  
not in legs winding around your own neck,  
nor in eating nothing but vegetables.  
When you really look for me, you will see me instantly -  
you will find me in the tiniest house of time.

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Kabir says: Student, tell me, what is God?  
He is the breath inside the breath.

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FORGIVENESS by Dale Goldstein, CSW-R

Love is forgiving. Love is for giving.  
Love is for giving. Patricia Sun

Once many years ago when I was meditating, I saw that every place of tension in my body was a place where I was holding something. Ultimately, I was holding something against myself, since it was in my body-mind that it was being held. In other words, this place of tension was a place of unforgiveness. And it became obvious to me that dis-ease was, at least on a psychological and spiritual level, all about unforgiveness.

That is, holding something against myself created tension/dis-ease in my body-mind, which, although it started on a spiritual or psychological level, could transmigrate into my physical body and cause illness. From this observation, I concluded that the healing of dis-ease, at least on the psychological and spiritual levels, could only come about through the act of forgiving from releasing whatever I was holding in my body-mind that was creating the dis-ease.

The most dramatic example of forgiveness that I've witnessed came when I began working with a woman who was dying of colon cancer. The cancer had progressed to the point where her colon had closed up completely and she had been unable to eat any solid food for the previous 10 days. She was in her last days of life, and she was suffering greatly. The first time I came into her room, the woman lay on a sofa in obvious pain, fear, and confusion. I introduced myself to her and told her I was there to try to help her in any way I could.

She acknowledged my presence and purpose, and very quickly went into her feelings towards the three people in her life that she was holding anger and resentment towards her husband, her mother, and her sister. Each of these important people in her life had hurt her very badly, each in his or her own way, and she had been holding each of them out of her heart for decades. As she forgave them, one after the other, there was a release of a holding deep in her abdomen, as if it was opening up to receive the nourishment she might need to continue living. After releasing the last of the three people, she experienced a great peace and was completely free of the pain she had been experiencing previously. In my naiveté, I had hoped she would live, as sometimes a physical disease with psychological and/or spiritual causes can be healed when the underlying dis-ease is reconciled, but the cancer had progressed beyond the point of reversal. She did, however, die peacefully, with love and forgiveness in her heart. This was a psychological and spiritual healing, although it was too late for there to be a physical healing.

What does it really mean to forgive? Let's start with what it doesn't mean. It doesn't mean excusing another person's hurtful behavior. People are absolutely responsible for the pain they cause others. And it doesn't mean having to make amends with the person you are forgiving. The forgiveness is primarily for your own healing. If you want to let the person know that you are in the process of forgiving him or her, it could benefit them, of course, but that is not the primary purpose of forgiveness. What's more, in my experience, those being forgiven get the message in subtle ways that they may not even be aware of. through the ether anyway. We're all connected to each other, and everything one does affects everyone one is connected to much in the way prayer has been documented to affect the person one is praying for.

Forgiveness also doesn't mean holding to some ideal of having to forgive everyone for everything always, and forcing oneself to forgive someone before one is ready to.

Once, when facilitating a meditation retreat, I played my Forgiveness Meditation tape and did the meditation along with the retreat participants. There was someone in my life at the time who had hurt me more than anyone else had ever hurt me, and I tried to forgive this person in the meditation, but couldn't. I had this idea that I should be able to, especially since I was teaching forgiveness, but it just wasn't possible. Finally, I gave up trying to forgive this person and, instead, forgave myself, for not being able to forgive. Eventually, when the time was right for me, I was able to forgive this person.

Forgiving, in my mind, really means being willing to feel The Pain. I call it The Pain instead of your pain or my pain because, in truth, it is a pain that is shared by all human beings. It is just played out here in this way and there in that way. When someone hurts me, they are giving me The Pain, which is too great for them to hold. If I resist it, it hurts and persists as anger and resentment. If I am willing to receive it, it hurts and then passes through me. I don't hold onto any resentment

and there's nothing and no one to forgive. And the person who gave me The Pain gets to see it right in front of his or her nose, and has the opportunity and safety (because of my willingness to feel it) to feel what was previously too much to feel, and thereby to achieve some degree of healing for him or herself. The Pain, if shared in this way, becomes a catalyst for healing instead of hurting. When one becomes completely willing to feel The Pain, forgiveness and healing automatically follow.

There are three aspects of forgiveness: First, we need to forgive others for the hurt they have inflicted upon us. Second, we need to allow ourselves to be forgiven by others for the hurt we have caused them. And, ultimately, we need to forgive ourselves for holding others and ourselves out of our heart because we're unable to bear The Pain that is there. When we can forgive ourselves for being perfectly imperfect, acknowledging and taking full responsibility for The Pain, however it was given to us, however it was received by us, we can live our lives fully and freely. My all-time favorite and most forgiving quote is attributed to Dogen Zenji, one of Japan's two greatest Zen Masters: My life has been one mistake after another. Dogen is forgiving himself, and acknowledging that when one is truly working on him or herself, that person's awareness is continually opening to see greater and greater truths and, consequently, always seeing how limited his or her awareness was the moment before.

What would your life be like if you had forgiven everyone for everything?

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## THE JOURNEY

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice—  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
"Mend my life!"  
each voice cried.  
But you didn't stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.  
It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,

that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do—  
determined to save  
the only life you could save.  
-Mary Oliver

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## GRAVITY

Leaving my childhood home late in life,  
the storm tide breaching  
basement walls.  
I turn my back on all  
but what I don't know I know.  
Empty and spent,  
reluctant but relieved,  
I stand naked to the wind.  
Trusting only the gravity  
of the moon  
to pull me deep  
into the fearful joy  
of my one wild soul.  
- Alex Brand

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A Hopi elder speaks:

"You have been telling the people that this is the Eleventh Hour,  
now you must go back and tell the people that *THIS IS THE HOUR*.  
And there are things to be considered...  
Where are you living?  
What are you doing?  
What are your relationships?  
Are you in right relation?  
Where is your water?  
Know your garden.  
It is time to speak your Truth.  
Create your community.  
Be good to each other.  
And do not look outside yourself for the leader."  
Then he clasped his hands together, smiled, and said,  
"THIS COULD BE A GOOD TIME!"

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SUGGESTION TO HELP YOU ON YOUR JOURNEY

## PUTTING IT ALL TOGETHER: A MANDALA

Imagine yourself in the center of the blank journal page before you. Close your eyes and picture yourself located there, looking out at the World from your place in the center of the page. Then think about all the qualities you possess. Meditate upon them. Picture them in your mind's eye. After you have let these random thoughts and images pass through your mind, open your eyes.

First make a dot in the center of the page. Then draw a border around the page as a frame for your design. It can be any shape: circle, square, hexagon (six-sided figure), octagon (eight-sided).

Now, return to the center point and focus your attention there.

Say: "This is my center."

Then draw an image or symbol in that central area which represents your unique inner core. Then let images, colors, shapes, and lines unfold outward, emanating from your center design. Let this evolve into a self-contained graphic expression of your many aspects integrated into wholeness.

Uses: The word mandala means circle in Sanskrit. The mandala, a Design form which radiates out from a center, is ancient and universal, appearing in the art, architecture, dance of cultures everywhere. It is the "magic circle" and often has a ritual, religious symbolism as in the rose window of medieval churches. Here, it is intended as a drawing meditation for centering and integrating the self. In times of confusion or stress it is a way to "collect your thoughts" or "gather your wits" or "pull yourself together."

In the process of creating a mandala you can reach into deep levels of your Self. This can be done repeatedly as a part of the on-going process of integration. It is a tool for developing centeredness through outward expression in graphic art.

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*So what if you know what bliss is like? Get to work. So what if you feel special? Everything is special, everything is sacred. Get to work. Let go of desires, power, and relationship bliss, and get to work giving your gifts.*

~ Haidakhan Baba

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## "READINGS" FROM DALE'S COLLECTION

### THE INVITATION

It doesn't interest me what you do for a living. I want to know what you ache

for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain! I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it, or fix it. I want to know if you can be with JOY, mine or your own; if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, or to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul. I want to know if you can be faithful and therefore be trustworthy. I want to know if you can see beauty even when it is not pretty everyday, and if you can source your life on the edge of the lake and shout to the silver of the full moon,

"YES!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after a night of grief and despair, weary and bruised to the bone, and do what needs to be done for the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

Oriah  
Mountain Dreamer, Indian Elder

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TAO TE CHING

Can you coax your mind from its wandering  
and keep to the original oneness?  
Can you let your body become  
supple as a newborn child's?  
Can you cleanse your inner vision  
until you see nothing but the light?  
Can you love people and lead them  
without imposing your will?  
Can you deal with the most vital matters  
by letting events take their course?  
Can you step back from your own mind  
and thus understand all things?

Giving birth and nourishing,  
having without possessing,

acting with no expectations,  
leading and not trying to control:  
this is the supreme virtue.  
- tr. by Stephen Mitchell

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My thoughts, my accusations, my damning  
Bounce off the walls of my inner self  
They roar through my very being  
Demanding, tormenting, relentless  
They pulse and throb in the space  
I have opened to them  
Fighting back increases their intensity  
Allows the storm to thunder

And so like morning dew I soften into them  
Join forces to get what I need  
Like a gracious hostess I invite them in  
"Why have you come here?" I ask  
"What do you need from me?"  
In the midst of the turmoil  
They whisper, "Love."  
A gentle, pleading whisper of longing  
I fold my heart around them  
Together we are once again at peace

I am at peace today....thank you  
- Marcie Gass

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"Be patient with all that is unsolved in your heart. And to try to love the questions themselves, as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. And perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.  
- Rainer Maria Rilke, 1903,  
"Letters to a Young Poet"

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"READINGS" FROM DALE'S COLLECTION

WAITING FOR SPRING

If I squint my eyes and look past the parts  
I can catch a glimpse of the whole;

of the patterns and waves that unite all things  
and echo deep within my soul.

Though the branches seem barren and tangled  
like the thoughts that crowd my head,  
if I look through them to the cold, flat, overcast sky  
an intricate pattern appears instead.

It's winter, Earth sleeps, and life lies in wait,  
knowing warmth will come again.  
I too look inward for a reason to be  
and wonder if I'll ever feel whole, and when.

Perhaps I should include myself in the view  
when I look beyond each moment and thing;  
and try not to focus or comprehend,  
just trust in God, and wait for spring.

-Alex Brand

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"I do not believe that sheer suffering teaches. If suffering alone taught,  
all the world would be wise, since everyone suffers. To suffering must be  
added mourning, understanding, patience, love, openness and willingness to  
remain vulnerable." - Anne Morrow Lindberg

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#### INSPIRATIONAL ARTICLE FROM DALE

#### GRATITUDE AND AWE

"So happy just to be alive, underneath this sky of blue." -- Bob Dylan, "New Morning"

Gratitude is what we naturally feel when our heart is open.

In my life long interest for opening my heart/mind I have explored many different and varied paths to wholeness. For a few months a number of years ago, I practiced Tibetan Buddhism. Each morning, I would arise and sit in meditation for a few minutes to get centered in myself, and then I would contemplate the precious opportunity I had to engage in a spiritual practice that had the potential for liberating my being. The contemplation took a very specific form:

I reflected on my place in the universe and on how difficult and rare it is to be born as a human being in the vast reaches of space and time. I imagined a sea turtle swimming in the ocean, and coming up for air only once every 100 years. And on the surface of the ocean was a small white ring, just large enough for the sea turtle to poke his head through. Then I appreciated the fact that the chances of being born as a human being and having the possibility of awakening to my True Nature - the unbounded, innate joy, freedom, clarity, and spontaneity of the enlightened mind latent within us

all -- were less than the chances of that sea turtle poking his head through that ring. This vision of human birth as a rare and special opportunity awakened a deep feeling of being very grateful just to be alive in a time and place where I can have this most precious experience.

As a human being, I not only have the opportunity to realize my True Nature - to know God - but I also have the rare opportunity to share love with another human being, to know the exquisite tenderness, sweetness, and joy of loving and being loved. I can choose to develop myself, both personally and spiritually - to access and embody the essential qualities of being human - awareness, curiosity and openness, love and compassion, wisdom and discrimination, intuition, inspiration and vision, will/power, courage, determination, vulnerability, willingness to risk, authenticity, spontaneity and creativity, passion and aliveness, forgiveness, joy, peace, and faith (in oneself and God/the Universe)- the "full catastrophe," as Zorba the Greek put it. I can experience the full range of human emotion, opening fully to love, joy, sorrow, fear and anger. I have the opportunity to experience the joy of healing on all levels - physical, emotional, mental and spiritual. (All too often have I observed how inattention to healing on any of these levels leads to imbalances in the body-mind that eventually manifest on the physical level in the form of some dis-ease.) And I can give to the world the gifts I came here to give.

I consider it a great blessing in my life to be actively involved in liberating myself from the delusive beliefs that keep me bound in suffering. (The most fundamental delusion is that "I" am a self separate from others and the world around me.) I also am blessed in being able to help others in their quest of free themselves of the causes of their suffering. I do this in my private practice of psychotherapy, where progress is usually relatively slow and tedious.

And I do this in Heartwork intensives and retreats I facilitate. Here, my job is to work both with individuals in their struggle to get free, and, at the same time, to orchestrate the group energy for the maximum benefit of all present.

In workshops, by a combination of focus of attention, personal effort, and group energy, personal transformations of consciousness are often much more rapid and sometimes dramatic.

In an Intensive, where the openings are the most dramatic, each participant arrives with answers to three questions: Why are you here?/ What do you want?/

What is your intention for yourself for the Intensive? What do you need to do to fulfill your intention? How can the group support you in your efforts?

On the first evening, participants share their answers to these questions, and

then break up into small groups - ideally of four people all of whom feel they

can support and be supported by each other in their quests to fulfill their intentions. It is primarily in these small groups that the deep healing work occurs - where people access those places in themselves where they split from themselves long ago (because something occurred in their life that was too painful or frightening to fully experience at the time), and reintegrate the split-off part, regaining their wholeness in that place in themselves.

The following morning, I tell the participants that behind their intentions is a deep yearning for freedom, wholeness, love, peace, truth, etc. - the "yellow brick road" back home to themselves. All they have to do is to surrender into that yearning and let it carry them back home to themselves. And then I orchestrate.

We work together, in a unified effort to get free of the mental and emotional chains of delusive beliefs and the distressing emotions that result from these beliefs, which, together, keep us in bondage. (The most fundamental delusion is That "I" am a self separate from others and the Universe, all other beliefs - like I'm a bad or worthless or unlovable person, or I have to struggle to get what I need in life, or the world is a harsh place - about who I am and what life is about following from this. Pain, fear, and anger are the disturbing emotions that follow from these beliefs.) My work is to meet the intensity of each participant's efforts with an equal or greater intensity of my own. One by one each expression is allowed and we all merge in a spirit of trust and loving acceptance that welcomes the opening our hearts and minds together. It is the most beautiful thing I have ever witnessed - and I'm privileged to witness it over and over again.

One person will break through their chains and get free emotionally, mentally and/or spiritually (to one degree or another), and will then naturally want to help others get free. A kind of domino effect expands as people feel safe opening to themselves and others and helping each other get what they came for, and so much more.

And I get to watch the unfolding of the human spirit right before my eyes. It is truly awesome. And I am always filled with gratitude, both because I have this most precious opportunity, but also because my heart/mind is opening along with theirs. At the end of an Intensive the group is awakened to a renewed expression of love, freedom and gratitude with and for all with whom they shared this awakening and they feel ready to approach life with new joy, enthusiasm and commitment.

If you feel a sense of loss of gratefulness in your life, here's a little exercise that may help you to regain the some of what you've lost or improve what you have. See if you can remember a time in your life when you experienced gratitude. Go back into that experience as completely as you possibly can: see who and what were there around you, hear the sounds, smell the smells, sense the sensations... Let go into this memory and dwell there for a while. Then ask yourself, "What's in the way of my living in this state of being?" Notice what you can see about what prevents you from dwelling in this state. Once you see how you take yourself out of this pure state of being, you become free to choose how you want to live.

"Ten thousand flowers in spring,  
the moon in autumn,  
a cool breeze in summer,  
snow in winter."

"If your mind isn't clouded

by unnecessary things,  
this is the best season of your life."

## Wu-Men

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"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, 'who am I to be brilliant, gorgeous, talented and fabulous?' Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

- From Nelson Mandela's Inaugural

Address

\* \* \* \* \*

## TRADITIONAL LAKOTA INIPI CEREMONIAL SONG

Look towards the West!  
Your Grandfather is sitting there looking this way.  
Pray to Him! Pray to Him! He is sitting there looking this way.

Look towards the North!  
Your Grandfather is sitting there looking this way.  
Pray to Him! Pray to Him! He is sitting there looking this way.

Look towards the East!  
Your Grandfather is sitting there looking this way.  
Pray to Him! Pray to Him! He is sitting there looking this way.

Look towards the South!  
Your Grandfather is sitting there looking this way.  
Pray to Him! Pray to Him! He is sitting there looking this way.

Look up to the Sky!  
The Great Spirit, He is sitting over us.  
Pray to Him! Pray to Him! He is sitting there looking this way.

Look down at the Ground!  
Your Grandmother is lying underneath you.  
Pray to Her! Pray to Her! She is lying there listening to you.

Everywhere we look there is creation, there is beauty.  
Everywhere we look there are challenges, there are joys.  
Everywhere I look there is Heartwork  
calling me home, calling me to be more ME.

Thank you for your e-mails of challenge & joy, of support & comfort.  
Like you, my work goes on day to day. My life work and my Heart work!  
Being connected to all of you is one of my great joys.

Blessings,  
Marcie Gass

\* \* \* \* \*

THE MOMENT OF SURRENDER

Now.

It's always now  
when the only possibility arises,  
and whatever it is you don't want  
presents itself:

the cringing ring of the phone,  
the dark visitor at the door,  
the irritation of your keys  
locked against you  
inside the house -

whatever the face  
or the flavor  
or the presence  
of what you push away,

you can be sure of this:  
your old familiar pain will begin again,  
if you cannot pause

as you reach for your gun,  
your old and angry words,  
the hammer and rusty nails you use  
to bar the door,  
and remember:

this is the moment  
of surrender.

- Richard Wehrman/2004

\* \* \* \* \*

SUGGESTION TO HELP YOU ON YOUR JOURNEY

DALE'S 4-STEP APPROACH TO RELATIONSHIP WITH OTHER OR SELF

- What are you feeling?
- What do you need?
- Ask for what you need.
- Deal with the consequences.

\* \* \* \* \*

"You do not need to leave your room.  
Remain sitting at your table and listen.  
Do not even listen, simply wait.  
Do not even wait, be quite still and solitary.  
The world will freely offer itself to you to be unmasked,  
it has no choice,  
it will roll in ecstasy at your feet."

- Franz Kafka

\* \* \* \* \*

"Readings" from Dale's Collection

"Love is the universal communication.  
It is the energy that has created the  
universe and is keeping it going.  
God is Love.

All matter is formed by love.  
There is an organic love  
that speaks to everyone  
if they could but hear.  
A leaf holds together for love.

Love can turn the world around  
and it does.  
What did you think was spinning your planet  
if it wasn't love  
and what do you think the fires of your sun consist of  
and the cells of your body  
and the stars in your sky  
and the consciousness in your heart?  
It is all love.

There is nothing but love.  
Don't let the masks and postures fool you.  
Love is the glue  
that holds the Universe together.  
The greatest need in a soul  
is to achieve that loving of self  
which will bring about the unity  
wherein the judgments  
that have caused such pain  
are eliminated."

- Emmanuel's Book

\* \* \* \* \*

*Hear from the heart wordless mysteries!  
Understand what cannot be understood!  
In man's stone-dark heart there burns a fire  
That burns all veils to their root and foundation.*

*When the veils are burned away,  
the heart will understand completely.*

*Ancient Love will unfold ever-fresh form  
In the heart of the Spirit,  
in the core of the heart.*

- Rumi

\* \* \* \* \*

### **Where Have I Been?**

*Walking the garden  
Slowly, consciously  
Tasting the air  
Seeing the plants and trees,  
Flowers and pathways  
Listening to music.  
The babbling brook catches my eye  
I stop to listen to its music  
And then sit on a rock,  
Still, quiet, alone.  
The constant flow and sound of the water  
The soothing distinctive sound  
Its here, each day, all day  
Yet this is a special and rare moment  
I just need to stop and notice  
Allow it all in,  
And be soothed and filled.  
Where have I been?*

*In the kitchen,  
The evening meal.  
The smells and the colors.  
Peas and carrots offer vibrant greens and oranges  
The vibrant simplicity of nature.  
Rich, red, plump strawberries.  
In that moment, their taste takes me back  
To strawberry fields in a far away place  
So distant that I had forgotten.  
Bending, picking, packing, eating.  
Where have I been?*

*The stars glisten tonight  
Among the wispy clouds  
In the magnificent night sky.  
Stopping, looking, noticing,  
I lean back, shouting aloud  
"Magnificent beauty"  
As if seeing it for the first time.  
Where have I been?*

*The face of my bride  
Twenty years later  
Soft skin, tender eyes, beautiful smile.  
Reaching out for a gentle touch  
As we did when we were dating.  
Seeing, really seeing each other  
A tingle in our touch.  
How blessed we are to feel this way.  
I think of the days  
When I've looked and not seen  
Listened and not heard  
And now, as I absorb her beauty,  
I wonder  
Where have I been?*

- Philip R Berber  
Heartwork, February 2004

\* \* \* \* \*

### WRITING POETRY WHILE DRIVING

*i would not recommend it.  
not even on a foggy night.  
not even in Flatland at 82 mph.  
not even on an empty tank.  
not even if your shotgun alien won't shut up.  
not unless there is no other way  
to capture strange and wondrous works of heart  
that you can't bear to lose  
to that mind of yours.  
who is, for once, in the back seat.*

- Michael K McKinney

\* \* \* \* \*

"People say what we're all seeking  
is a meaning for life.

I don't think  
that's what we're really seeking.

I think that  
what we're really seeking is  
an experience of being alive,  
so that our life experiences  
on the purely physical plane  
will have resonances  
within our innermost being and reality,

so that we actually feel  
the rapture of being alive.

- Joseph Campbell

\* \* \* \* \*

*Are you looking for me? I am in the next seat.*

*My shoulder is against yours.  
You will not find me in stupas,  
not in Indian shrine rooms,  
nor in synagogues,  
nor in cathedrals:  
not in masses, nor kirtans,  
not in legs winding around your own neck,  
nor in eating nothing but vegetables.  
When you really look for me, you will see me instantly -  
you will find me in the tiniest house of time.*

\* \* \*

*Kabir says: Student, tell me, what is God?  
He is the breath inside the breath.*

\* \* \* \* \*

Loves Own Love

*In a fleeting moment  
I took a glance  
at loves own love  
quite by chance.  
It showered and bathed me  
and breathed on its own  
and let me remember  
I am never alone.*

*Such a magical moment  
of pure tender grace  
left a hand on my heart  
and a smile on my face.  
I always suspected  
and always have known  
that therein lies the treasure  
therein lies my throne  
To my kingdom of heart  
and my queendom of love  
as my angels rejoice  
from the heavens above.*

*So go softly, go gently  
and stay close at heart  
glide slowly with focus  
as united we start  
to see and be seen  
to unveil my sweet truth  
of a heart overflowing  
with wisdom and youth  
in a love so profound  
it renders me speechless  
as I bask in my goodness  
and breathe in my sweetness.*

- Donna Berber

\* \* \* \* \*

## Devoted to...

*“Ya gotta serve somebody”* – Bob Dylan

A few years ago, I went to meet with a Tibetan Lama (monk), Garchen Rimpoche. When I walked into the meeting room, he was sitting on the floor in front of a little prayer table, spinning the prayer wheel that his students had made for him. While his back was turned to me, I could see that he was giving the totality of his being to the prayer. And when he heard me enter the room, he turned to face me, and now he was giving the totality of his being to me. I had to come to ask his advice on what I should do in terms of spiritual practice. Before I could say a word, he said to me, “Just keep doing what you’re already doing.”

How did this little man, who had spent 25 years of his life in a Chinese prison camp, know my mind? I believe that, by giving all of his self to me – by being selfless – he could see, know and understand who I was in that moment and what I needed. In that moment, he was completely devoted to me.

We’re all devoted to something. In the world of opposites, this means we’re either devoted to love or fear (and/or the hatred that is bred by fear), honesty or dishonesty, life or death (intellectual, emotional or spiritual), peace or conflict, joy or sorrow, freedom or restriction, union or separation, and so on.

If you want to know what you’re devoted to, simply look at your life. Whatever you’re truly devoted to shows up in your life. For example, you may think you’re devoted to peace, but if you keep getting in fights with your spouse or a co-worker, you may be attached to the conflict in some way. External realities are reflections of our internal condition. They often show us the ways in which we’re not really at peace in ourselves, and in which we play out our inner, unresolved conflicts in our relationships with others. (We do this so that we can see, sooner or later, that we have these unresolved issues that need our attention).

For myself, I like to think that I’m devoted to the truth – Ultimate Truth (Who/What I am and the Universe is), to be precise. But am I really? Let me give you an idea of how difficult it is to live devoted to the truth. A friend of mine, a Tuscarora medicine man named Tah-weh-dah-qui, once told me that of all the spiritual practices he has undertaken (and he has done some very difficult ones), and of all the practices his teachers – the medicine men and elders of many tribes around the world – have undertaken, the most difficult of all, by far, is the practice of honesty. And living a life of impeccable honesty is what is required to arrive at Ultimate Truth.

Living in impeccable honesty means sharing with those people most important to you whatever is in the way of your sharing love with them, and then resolving the issue that separates you from them. It means returning the ten extra cents you were mistakenly given in change for an item you purchased – and reporting every penny you earned on your income tax form. It means telling your boss what you don’t like about the way s/he manages you. It even means answering your telephone when it rings, instead of checking your caller ID to see who it is, and telling that person if you don’t want to talk with them exactly why you don’t want to. And it means doing all of these things with compassion for yourself and the other person at the same time.

A dozen or so years ago, a woman named Alexandra was doing some work on herself in a Heartwork Basic Intensive, a workshop where people come for four days and nights intent on getting something for themselves that they really want, or on getting rid of something they really don’t want. All of a sudden, one by one, the rest of the participants (who had gathered around her to support her work) turned their backs and walked away from Alexandra. I was as surprised as she was, but the message they were sending to her was loud and clear: that her behavior – which was very self-centered, especially in that moment – was obnoxious and offensive.

Six months later, I ran into Alexandra on the street, and she was a transformed being. She was pleasant and friendly, and not at all self-centered in the way she had been at the Intensive. I asked her what she had been doing for herself that had made such a difference and she told me that in the moment in the

Intensive when everyone turned their backs on her, she realized what a negative effect she had on people. No one had ever told her that before, and she always wondered why people moved away from her in her life. Alexandra didn't want people to leave her, and so she changed how she acted with people from that point on. This transformation of a person's life was the direct result of the Intensive participants' honest feedback about how Alexandra's was affecting them. Had they not been devoted to being impeccably honest with each other, this transformation would not have occurred.

Life is the great teacher for us all. Life will eventually show us whatever ways that we are not living in accord with the deepest truth of our being. In fact, it is showing each of us in every moment. Everything we do that is out of harmony with the truth of our being causes suffering in our lives. The only real question is whether we are willing to look – openly and honestly – at ourselves. What are we really devoted to? What are we creating in our lives? Are we willing to see it? If we can hear or see the messages that are coming to us through our suffering, we can live increasingly in accord with our deepest truth.

Until we are conscious of what we do – and why – we are victims to our own unconscious motivations, and others may be our victims as well. As Alexandra learned, we can help each other become conscious. What could be better than that?

So, I invite you to take an honest look at your own life. What are you really devoted to: honesty or dishonesty, love or fear, life or death, peace or conflict, joy or sorrow, freedom or restriction, union or separation, etc.? And what are you going to do about what you discover to be your truth?

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*Things have fallen apart,  
haven't they;  
that realization must come to all of us,  
it is a prerequisite to remedy.  
- George Jackson, Soledad prisoner*

\* \* \* \* \*

*How can I forgive myself?*

*How can you not forgive yourself  
for being exactly who you are?*

*To find the God within you  
you must go through the portal of self-acceptance  
as you are now.*

*Yes, all your faults and imperfections,  
all your little secret, fearful uglinesses  
that you are loathe to admit to yourself  
are already known.  
They are part of the Divine Plan.*

*True acceptance is saying, "It's all right,  
it's all right, it's all right. "*

*Self-acceptance*

*by-passes the need for self-forgiveness.*

\* \* \* \* \*

## THE PUSHER

All my life I have pushed,  
and pushed,  
and pushed.  
Blindly following ego  
on his high white horse  
up the rungs of the modern way.

Until my shoulders ached and sagged  
under the burden  
of proving my worth.

Until I could not even pick up a tool,  
or pull a clear thought  
from the teeming black pool.

Until,  
unable to stand on broken knees,  
I prayed.  
My veins filled with  
the poison of loneliness;  
every cell screaming  
*STOP!*

And I obeyed.

At last,  
awakening the child  
from his long patient sleep  
to excitedly greet  
the empty door  
of morning.

- Alex Brand