

# THE MOMENT IS NOW



## YOUR JOB ON THE PLANET

Do you ever wonder what you are doing with your life? Last night I stood on the platform of RAW AND TENDER as I watched a fast-paced train of thoughts (about my life) move speedily through awareness. From a strong intuition that I would benefit from an unwilted perspective on life (my inner clarity was drooping), thought led to feeling which led to a proliferation of thoughts tinged with emotions which all became reminders to let go of thinking mind (it wasn't helping much) and drop into BOTTOMLESS HEART (fully human, again).

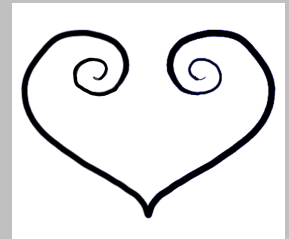
***“WHENEVER YOU BEGIN TO TOUCH YOUR HEART OR LET YOUR HEART BE TOUCHED, YOU BEGIN TO DISCOVER THAT IT’S BOTTOMLESS.” PEMA CHODRON***

In *Wherever You Go, There You Are*, Jon Kabat-Zinn shares a story about Buckminster Fuller who once, as a young man questioning his value to others, considered suicide. He chose life and decided to devote himself to the question, “What is it on this planet that needs doing that I know something about, that probably won’t happen unless I take responsibility for it?” From that point on he asked the question continuously and learned to follow what came to him.

In mindfulness practice we address the ways our hearts are filled with outdated views and opinions about our life and gently DISMANTLE THE HABITS which keep our heart small and untouched. By staying with this process we discover “my part of the totality of the universe expressing itself.” Here are a two juicy quotes to inspire your JOB on the planet:

***“START BY DOING WHAT’S NECESSARY; THEN DO WHAT’S POSSIBLE; AND SUDDENLY YOU ARE DOING THE IMPOSSIBLE.” SAINT FRANCIS OF ASSISI***

***“HOW WONDERFUL IT IS THAT NOBODY NEED WAIT A SINGLE MOMENT BEFORE BEGINNING TO IMPROVE THE WORLD.” ANNE FRANK***



### UPCOMING PROGRAMS & RETREATS

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September 22nd**

**MBSR Foundation Course  
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Beginning late September!**

**MBSR Retreats  
Shambhala Mountain Center  
October 21-23, 2011  
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