

A Spiritual Credo For Difficult Times

1) What do I want to cultivate during this time?

Make this your orienting principle. Don't just think about it, *try to cultivate it in every single moment for the rest of your life*. It can help to write down your orienting principle, and put it in a place where you can see it every day.

2) Treat every day as if it was your last.

Be reverent, loving, and connected. Be what you want to see in the world. If this was the last ten minutes of your life, what would you want to be thinking now?

3) Choose to live in the storm.

"I am willing to go through this so I can learn___." Make change your friend. Use everything that life gives you to train in love.

4) Add more water. A spoonful of salt is very salty in a glass of water, but in a pond you would not taste it. Breathe more. Notice the space and stillness *between* everything. Unhook from judgment and fear. Make your mind as wide as the sky.

5) Upgrade your mind/heart.

Notice, "What is my life like without my thoughts about it?" Awareness itself has no thoughts. Upgrade from anxiety or depression thinking-to awareness-to just *being*.

6) Connect with Source daily.

How would your timeless, wise Self see this? If you have a "Higher Power," or guides, ask them daily for advice and support. Listen to, or engage in chanting.

7) Be equanimity.

Be the eye of the storm. Be the safe place. Be the immovable silence that can watch all. Do you want to be "right," or do you want to free? Release the world to the world.

8) Abide in emptiness.

Emptiness = inseparability. You are inherently empty of a separate existence, because your existence includes everything--the trees, the sun, the sky. Rest in the emptiness of now.

9) Practice Tonglen or connection meditation.

Tonglen reminds us to link our challenges to that of others. As mammals, we heal via connection. "Whatever I learn today in my struggle with ___, I dedicate to the well being of all beings."

10) Live Bodhisattva reality.

Bodhisattva reality is to live in the totality of all things. Stop seeing yourself as something different than the totality. "The entire cosmos is my true personality." (Zen Master)