

DELTA DIALOG FOR RECOVERY FOR OCTOBER 2009**Date:** Friday, October 02 @ 08:22:22 EDT**Topic:** Posts from Jill

Thursday October 1, 2009...October is a good month to review "A Hidden Wholeness" (The Journey Toward An Undivided Life) by Parker J. Palmer. I am enriched by this work and went to sit - worship with the Quakers after this read. There are 10 chapters which lend it to an easy dissection over the month. Beginning with Images of Integrity: Living "Divided No More"...Consider your life continuity or lack there of...Self reflect on how the spheres of your life easily complement each other or not.

Friday October 2, 2009

Divided life come in many forms. Refuse to invest in our work; have jobs which violate our basic values, continue relationships which "kill" our spirits, harbor secrets to achieve personal gain, hide our beliefs to avoid conflict, etc.

Saturday October 3, 2009

Dividedness is a personal pathology, but it is soon becomes a problem for other people. Doctors who are dismissive of patients, politicians who lie to the voters, executives who cheat retirees out of their savings...all ethical errors.

Sunday October 4, 2009

Rejoin soul and role...our inauthenticity and projections make real relationships impossible, leading to loneliness.

Monday October 5, 2009

We sense that something is missing in our lives and search the world for it not understanding that what is missing is us.

Tuesday October 6, 2009

Wholeness is always a choice - it is more difficult if your community would rather you fail. If your circle of trust in community sees your growth as community growth; then you are in fertile ground.

Wednesday October 7, 2009

The soul wants to keep us rooted in the ground of our own being, resisting the tendency of other faculties like the intellect and ego, to uproot us from who we are.

Thursday October 8, 2009

The soul wants to tell us the truth about ourselves, our world, and the relation between the two, whether that truth is easy or hard to hear.

Friday October 9, 2009

A strong community helps people develop a sense of true self, for only in community can the self exercise and fulfill its nature; giving and taking, listening and speaking, being and doing.

Saturday October 10, 2009

T.S. Eliot Writes: We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.

Sunday October 11, 2009

If we are to hold solitude and community together as a true paradox, we need to deepen our understanding of both poles.

solitude means never living apart from one's self. Community means never losing the awareness that we are connected to each other.

Monday October 12, 2009

We cannot get snared in catch - 22 unless we consent to it, so the way out is clear: we must become conscientious objectors to the forces that put us at war with ourselves, assaulting our identity and integrity, violating the sanctity of our souls.

Tuesday October 13, 2009

Spring is the season of surprise when we realize once again that despite our perennial doubts, winters darkness yields to light and winter's deaths give rise to new life.

Wednesday October 14, 2009

We seem to forget that the environment in which we meet has an impact on the quality of what happens within us and between us. Create beautiful - healing space and reside.

Thursday October 15, 2009

Slow down, do more with less, and pay attention to rhythm. Allow...do not force the good.

Friday October 16, 2009

Mary Sarton Writes:

Now I become myself. It's taken
Time, many years and places;
I have been dissolved and shaken,
Worn other people's faces,
Run madly, as if Time were there,
Terribly old, crying a warning,
"Hurry, you will be dead before--"
(What? Before you reach the morning?
Or the end of the poem is clear?
Or love safe in the walled city?)

Saturday October 17, 2009

As stories are told and lives are lived...you do not need to be a master of anything to be caught in a web of projections: you need only live and work with other people.

Sunday October 18, 2009

Deep Speaks to Deep...What layer of your being do you share with this world?

Monday October 19, 2009

In the face of our deepest questions - our habit of advising each other reveals its shadow side.

We set others up to follow our walk or disappoint us. Beware of giving advice.

Tuesday October 20, 2009

If your issue is soul-deep, your soul alone know what you need to do about it and any presumptuous advice will only drive your soul back into the woods.

Wednesday October 21, 2009

We continue to impact ourselves in all that we do - when we can listen more deeply to others, we can hear our inner voice clearer.

Thursday October 22, 2009

Truth evolves within us, between us, and around us as we participate in "the eternal conversation."

Friday October 23, 2009

Rilke - "Be patient toward all that is unsolved in your heart and try to love the questions themselves...Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

Saturday October 24, 2009

Silence brings not only little deaths but also little births - small awakenings to beauty, to vitality, to hope, to life. In silence we may start to intuit that birth and death have much in common.

Sunday October 25, 2009

Rumi - Out beyond ideas of wrong doing and right doing, there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase "each other" doesn't make sense.

Monday October 26, 2009

Violence is done when parents insult children, when teachers demean students, when supervisors treat employees as disposable means to economic ends, when physicians treat patients as objects....on and on.

Tuesday October 27, 2009

People who wish to serve as agents of nonviolent change need at least four resources in order to survive and persist, a sound rationale for what they intend to do, a sensible strategy for doing it, a continuing community of support, and inner ground on which to stand.

Wednesday October 28, 2009

The soul is generous: it takes in the needs of the world.

Thursday October 29, 2009

The soul is hopeful: it engages the world in ways that keep opening our hearts.

Friday October 30, 2009

The soul is creative: it finds a path between realities that might defeat us and fantasies that are mere escapes.

Saturday October 31, 2009

All we need to do is to bring down the wall that separates us from our own souls and deprives the world of the soul's regenerative powers.

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