

DELTA DIALOG FOR RECOVERY FOR SEPTEMBER 2009

Date: Friday, September 04 @ 10:43:12 EDT

Topic: Posts from Jill

Tuesday September 1, 2009...Let us continue the development of our internal selves with "Wherever You Go There You Are" by Jon Kabot -Zinn

Part one - The blooms of the present moment (what is implied is the transientness of the now - a bloom fragile - beautiful yet short lived. If your now is hell hang on it will improve; if it is wonderful, breathe in the scent and enjoy.

Wednesday September 2, 2009

What is Mindfulness? - Being aware using all of our being the moment we are in. Appreciating life (the good and bad) for this time, this place and having a depth of understanding. Breathe and think about this right now.

Thursday September 3, 2009

Simple but not easy - all of what we do, think and believe is on the surface simple - but to really be as deep as you can takes hard work. Deep listening, deep seeing - details, deep knowing - beyond self. Try it today.

Friday September 4, 2009

Remind yourself from time to time that "This is it". This moment is real and all that is. No more, no less, just now.

Saturday September 5, 2009

There is no place or time or less or more convenient time - now is where you are and always will be - breath; think of gifting yourself with being thankful for right now.

Sunday September 6, 2009

Thoreau from Walden - "In eternity there is indeed something true and sublime. But all these times and places and occasions are now and here. God himself culminates in the present moment, and will never be more divine in the lapse of all the ages.

Monday September 7, 2009

Think about the waves on the water - always moving. Imagine how you can swim, surf, sail to use the water energy instead of resisting it.

Tuesday September 8, 2009

The sun's energy is always too. Enjoy its' warmth, protect yourself from too much exposure - modulate to benefit yourself.

Wednesday September 9, 2009

Our energy source (soul) is like waves or like water or rays like sun...enjoy the modulation and use it to meet your needs - try not to wast your natural resources.

Thursday September 10, 2009

Notice the items in our lives that are like a flower blooming...choose to spend your time doing the things that are transient - for as they bloom; they will peak and leave without your enjoyment.

Friday September 11, 2009

Let us take a moment in memory of those who lost their lives on this day 8 years ago. Peace to their families.

You cannot have harmony without a commitment to ethical behavior. Review what you believe and "weed your garden of those unethical thoughts."

Saturday September 12, 2009

Walt Whitman, "Leaves of Grass" I exist as I am, That is enough, If no other in the world be aware I sit content, An if each and all be aware I sit content. One world is aware and by far the largest to me, and that is myself, And whether I come to my own today or in then thousand or ten million years, I can cheerfully take it now, or with equal cheerfulness I can wait.

Sunday September 13, 2009

Open your hand holding the butterfly so tight that you are hurting its' wings. It can only be appreciated in flight for all to enjoy.

Monday September 14, 2009

Cease clinging to anything - whether it be an idea, a thing, an event, a particular time, or view or desire. It is a conscious decision to release with full acceptance into the stream of present moments as they are unfolding.

Tuesday September 15, 2009

A non-judging orientation certainly does not mean that you cease knowing how to act or behave responsibly in society, or that anything anybody does is okay.

Wednesday September 16, 2009

Trust is a feeling of confidence or conviction that things can unfold within a dependable framework that embodies order and integrity.

Thursday September 17, 2009

Generosity, like trust, provides a solid foundation for mindfulness. Practice with yourself - give gifts beyond expectations. Accept peacefully and feel blessed.

Friday September 18, 2009

Volunteer to be more simple instead of more complex. You will find that it works in reverse - you will actually feel and be more productive. Less is more. Our perceptions are the only reality.

Saturday September 19, 2009

Thoreau from Waldon writer..."Simplicity - I say let your affairs be as two or three, and not a hundred or a thousand" - if Thoreau was challenged in this way, it is an ageless struggle. Be mindful.

Sunday September 20, 2009

One must be the "eye of the hurricane of life" to survive. There is destructive forces all about you. Keep them out of your "worry zone".

Monday September 21, 2009

Consider that the practice of mindfulness is the outcome itself - one is immediately gratified and rewarded by the health of stillness.

Tuesday September 22, 2009

Mindfulness is not positive thinking - it is a place of non-judgment, acceptance, understanding the multitudes of possibilities.

Wednesday September 23, 2009

Positive thought is helpful but is excluding and can imprison us just as much as negative thought. Confining.

Thursday September 24, 2009

Mindfulness is reflective - like the lake mirrors the birds and branches above it. Which is the real? Item or image?

Friday September 25, 2009

Our Bodies unwind in mindfulness - muscles relax, slow pulse, slow breath, deeper vitality, balance brain waves and on a hormonal level - clean the system. Our well point.

Saturday September 26, 2009

Mindfulness may be moving as well. Anywhere, anytime, but be safe and not distracted. Walking, sailing, horse riding, caring for your loved ones is peace.

Sunday September 27, 2009

You will begin to question whether the gecko meditates or your cat or blue heron. They will sense your centeredness as well as the people in your world. They will come closer.

Monday September 28, 2009

You will see greater similarity between all thing and beings; you will see better. Noticing other life will bring greater appreciation into your life. enrichment.

Tuesday September 29, 2009

It will become more difficult to hate - what a blessing.

Wednesday September 30, 2009

And finally your walk will be admired and someone else will ask you to share the secret and spread the goodness like a pebble in a pond - touching all. Breathe and give thanks.

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