

# Beacon's Theme for October is **WHOLENESS**

'May You be Whole' comes from a Loving Kindness meditation, of the Buddhist tradition. The words when connected to your heart are directed to oneself, to the world and to those who cross your path for good or ill. To wish someone to be whole is to wish for them completeness, peacefulness and an end to their suffering.

Wholeness is a feeling of being in right relations with oneself, one's family and one's environment. It means that your words and actions are connected. It means that you have integrity in your relationships and with the world you live in. Each person finds their own path to wholeness. *Rev. Debra Thorne*



## Quotes

Afraid that our inner light will be extinguished or our inner darkness exposed, we hide our true identities from each other. In the process, we become separated from our own souls. We end up living divided lives, so far removed from the truth we hold within that we cannot know the 'integrity that comes from being what you are.' — Parker J. Palmer, *A Hidden Wholeness: The Journey Toward an Undivided Life*

Feelings, whether of compassion or irritation, should be welcomed, recognized and treated on an absolutely equal basis; because both are ourselves. The tangerine I am eating is me. The mustard greens I am planting are me. I plant with all my heart and mind. I clean this teapot with the kind of attention I would have were I giving the baby Buddha or Jesus a bath. Nothing should be treated more carefully than anything else. In mindfulness, compassion, irritation, mustard green plant and teapot are all sacred.

— Thích Nhất Hạnh, *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*



### Films

David Hamilton suggests: '*It's a Wonderful Life*', '*Les Mis*', and '*Seabiscuit*'.

Donna Hamilton likes '*Chocolat*'.

### Books for Adults:

*A Hidden Wholeness* by Parker J. Palmer

*The Miracle of Mindfulness* by Thich Nhat Hahn

### Books for Children:

*The Ox Cart Man* by Donald Hall, illustrated by Barbara Cooney

## Questions to Live Into:

What experience have you had that contributed to a feeling of wholeness?

What contributes to your feeling of brokenness or disconnectedness?

## Spiritual Practices on the Theme of Wholeness.

### Loving Kindness or Metta Meditation

Starting in a relaxed place, gently turn your focus inward and silently speak these words to yourself.

*May I be Peaceful*

*May I be Healthy*

*May I be Safe*

*May I Free of Suffering*

*May I be Whole*

As you sink into your heart's open warmth, think of those in your life who you want to direct your energy towards; family members, friends, strangers, animals, all of creation.

*May you be Peaceful*

*May you be Healthy*

*May you be Safe*

*May you Free of Suffering*

*May you be Whole*

You can do this meditation on the bus or sky train, in a meeting or in the classroom. Although, if you are driving, keep your eyes open!

### Mindfulness Walk

Take some time alone or with your family to go for a mindfulness walk.

This can be as simple as having no purpose to the walk, other than paying attention to all that is around you. Use your senses to see the colours, and the shapes of things; your sense of touch to notice the textures and temperatures; your sense of hearing to notice the immediate and subtle sounds; your sense of smell to pick up the layers of appealing and unappealing scents. A mindfulness walk can be done in silence or intentionally shared with another person. Enjoy!



Like a wild animal, the soul is tough, resilient, resourceful, savvy, and self-sufficient: it knows how to survive in hard places. I learned about these qualities during my bouts with depression. In that deadly darkness, the faculties I had always depended on collapsed. My intellect was useless; my emotions were dead; my will was impotent; my ego was shattered. But from time to time, deep in the thickets of my inner wilderness, I could sense the presence of something that knew how to stay alive even when the rest of me wanted to die. That something was my tough and tenacious soul." — Parker J. Palmer, *A Hidden Wholeness: The Journey Toward an Undivided Life*

### 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