

## Impermanence

Pema Chodron suggests that impermanence is the goodness of reality... Impermanence is the essence of everything," adding that in general, "people have no respect for impermanence; ...in fact, we despair of it. We regard it as pain. We try to resist it by making things that will last – forever". In doing so, she claims, we can easily "lose our sense of the sacredness of life".

Everything is impermanent. It's all changing all the time. Galaxies, planets. Everything. In one big mix up that is reinventing itself all the time.

Moments come and go. Days pass by, turning into weeks, then months, then years. You and the life you lead are constantly changing. Nothing is permanent.

Our childhood ends, our children move away, a romantic affair ends, a fabulous vacation comes to an end.

All of us at Willamette View experience losses, sometimes daily. We become more forgetful, our hair falls out, we have significant health issues, and our loved ones pass on. For us, into our senior years, our time – sooner rather than later – will be all used up.

As testament to this, even as if saying "I told you so", the weather changes to cold, more rain, windy; the brightly clothed trees are shed their beautiful fall leaves. Not to mention global warming.

We learn the essence of impermanence as, even our breath changes every time we breathe.

We have plenty of opportunities to learn to gently loosen our tight grip until the great letting go, the final breath.

Without letting go, we suffer with anguish, tossing and turning, and wrestling with what is. Yet change is inevitable.

Other ruminations:

Meditation takes a concerted effort. We could just sit there and let our minds go wherever they go. This might be relaxing, just to rest. But this is not mindfulness.

I often find that I wander off into the weeds when I meditate. And it's sometimes hard the way back to center (the breath).

It helps to have support for our practice, like this group. Sitting up straight/not slouching; feet on the ground.

At home.....a special place where we always practice, at a certain time.

Not having clutter. I remind myself of impermanence. I want to show up for my life.

What else can we do to strengthen our resolve?

How would you like to see the group evolve?

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