

“Deep listening, Deep interconnection, Deep ecology” a Guided Meditation by OzZEN Dharma Facilitator Louise Cranny

Good morning. Thank you for being here with me today.
The subject of this mornings guided meditation is deep listening,
interconnection, and deep ecology.

Let's just take a few moments to check in with our posture.
Letting the spine stretch up like a tall tree, reaching for the sun.
Our shoulders like the giant limbs supported and at ease.
Feeling our weight sinking into the earth. Grounded and secure.
Allowing a slight movement to check our alignment, as we come to a safe
place of stillness.
Taking a few slow breaths. Allowing the out breath to be longer ...[pause]

Now lets us reflect on the fundamental truths of Buddhism.
Everything is interconnected.....[pause] Everything is impermanent.
When we forget these two, life becomes suffering.
Attachment to our view of separateness, causes division and intolerance.....
This is 'Emu thinking'. In the book 'Sand Talk' by Tyson Yunkapoeta, he
says 'We all have Emu thinking from time to time. Coming from a deep place
inside that whispers you are special, you are more important.' In traditional
indigenous thinking it is considered uninformed and dangerous thinking.
Where one thinks one is superior or has more rights than other beings . Emu
thinking has created most of the problems of the world today.
The second truth is Everything is impermanent[pause]

Wanting things not to change when change is inevitable causes
suffering.....
We will look into that more later.
The great American Indian sage and leader, Chief Seattle, in his famous
speech, spoke authentically about these two truths. Today I invite you to
reflect on his words of wisdom and ,if it feels true for you, embody this
wisdom. His words seem to have more significance than ever in these times
of division between people and between people and the natural world. In a
world where personal and group resistance to change is causing great
suffering.

In my forest work, I have found these reminders of a need for tolerance and a need to be less resistance to what is, of great benefit.

I hope you find them useful too.

Chiefs Seattle's Chant begins:

This we know, the earth does not belong to us,
we belong to the earth.'

[pause]

We have come from the earth. Every cell in our body is constructed from the food we eat which has come from the earth. The earth is what we are. When we die our body returns to the earth." We belong to the earth; the earth does not belong to us."

Then he says" We all share the same breath."

Breathe in the sweet, cool oxygen. A gift from the trees.

Breath out the warm, carbon dioxide our gift to the plant world.

Every breath we take, has been circulated many times. Thru the great web of life. From the mists of time. Passing thru many, many beings over millions of years.

'We all share, the same breath'[pause]

Chief Seattle goes on 'All things are connected, like the blood, that unites one family'.

Even the stars, the mountains, the rocks, the minerals, the soils, are part of us. From where our food came. From where every cell in our being came.

The sky, the winds, are part of the air we breathe.

The oceans, the rivers, the clouds and rainbows are from whence the water in our bodies came. Our bodies, that are largely water.

'All things are connected, like the blood, that unites one family.'

[Pause]

Then he says

'We do not weave the web of life but are a strand in the web of life'.

When we try to control, what we can't control, we suffer. [pause]

Being present in each moment, we need to be true to ourselves and be a powerful strand with courage, compassion and commitment. This links to his next saying

‘What we do to life, we also do to ourselves.’[pause]

And then

‘Every part of the earth is sacred.

To harm the earth is to harm ourselves.’

Treating all we contact, including ourselves with love and respect, we cease harming ourselves. We create peace. We become peace. [pause]

Then the wise chief reminds us

‘If the beasts were gone we would die of a great loneliness of spirit.’

Sometimes I try to imagine a world without the amazingly diverse creatures we share the planet with. To see a child’s delight in a butterfly. To feel that delight

To play with my grandchildren, that we are possums and spotted tailed Quolls and powerful Owls, is a special kind of freedom. To feel the joy when a wild creature trusts you. looks you in the eye. We let go for a while, of our human self-centredness, and realise our connectivity of all these wonderful creatures. Watching the flight of a bird, a school of fish in perfect formation, we free ourselves beyond the limitations of this body.

It is a great sadness that we are losing some of our world’s creatures forever, as we humans destroy their habitat. Our habitat. [pause]

How does this make you feel?

Sad,..... frightened,..... angry? Perhaps a bit of each?

Can we allow these strong emotions when they arise?

acknowledge them? Where do you feel them in the body?.....Feel them now. Do they change? Do they move?...

We can Investigate what we can do.Emotions come from the same root as motion. They can motivate us, to help make change possible.

‘Don’t get angry get active’ as Bob Brown would say.

And remember to nurture ourselves when we feel this emotion moving through us.....

Sometimes things have to break before they get fixed.[pause]

This we know. Everything is connected, everything is impermanent.

When we resist these two truths we suffer.[pause]

Our Zen teachings tell us we are deeply connected to everything, but Zen also speaks of no thing. The form and the formless.

Every thing and nothing is who we are.
We are so focused on things and thinks.....[pause]
It helps to regularly notice the no thing.The No Think.The formless....
The space between. Let's notice this now.....
Noticing when we are breathing in.
Just Noticing, our Breathing all the way in .{pause}
Noticing, when we are breathing out.
Just Noticing, Breathing all the way out. [pause]
Let's practice this for a few minutes now.....

Now noticing the space between.[Pause]
The space between the in breath , and the out breath.....

Now noticing the space between the out breath and the in breath.....

It is the space that makes it possible.
The space makes anything possible.....

Thankyou for listening