

Ordinary Life

May 29 (26)

Finding God in ordinary life means daily access to love and light. This teaching is really simple and profound... provides timeless wisdom... a single golden thread for aw. + inner peace

God is not somewhere else - God is here and now in this moment - in this unremarkable sacred life. Life is this simple.

We are living in a transparent world - absolutely transparent and the divine is shining through it all the time - not occasionally... not found in mountain top moments - not only shining after or in a mystical experience. The divine is shining through your life * right now -

through a steaming cup of coffee
through sound of the rain

beating on your windows
through the feel of your breathing

from
years of
contemplative
practice

The ordinary world is not separate from God - is the very place where God is ^{most} fully present.

We fall into the trap and separate life into 2 categories.

sacred meditation
church
retreat
spir. reading

ordinary: ^{dishes} grocery store
commute
Tuesday that looks like every other Tuesday
brushing teeth

And we spend our lives trying to transition from ordinary to sacred. This is a delusion. Division is the illusion.

Ordinary life done with love - without our realizing it. Our knowledge/awareness of God increases. It just happens. Not need breakthrough achievements, dramatic events. Our focus - love applied to ordinary things right now.

this particular tree

in a way no tree before or after had done or will do

A tree gives glory to God simply by being a tree - spreading its roots into the earth and releasing its branches into the air. Honors life in a way no other tree ever did or will do. Tree does not strive to be more tree-like

this particular tree will give glory to God by

or pretend to be a better tree -
or compare itself to another
tree or wonder if it is
spiritual enough. The tree
is just fully what it is -
and in that complete
unselfconscious being, it
bestows glory to God.

Can you do the same?

Can you wash dishes the
way a tree spreads its roots
completely - presently
without reservation.

Can you

walk to your car
listen to a friend
make breakfast
brush your teeth
with the full weight of your
being - and knowing that
you are giving glory to God?
That is the secret, the entire tech.

Many people hear meditation,
prayer, contemplation and
picture a monk in silence
far removed from the noise
of daily life. Dismantle that pic.
completely. Mother Teresa worked
with lepers - my job is to prepare
a talk or peel potatoes maybe.

Contemplation is spont. awe at the
sacredness of life - grat. for life (4)
of being ^{for aw.} sudden awe arises when you really look

How about spontaneous awe — performed
not practiced —

- really look at a child's face
- at leaves dancing on a tree
- at moon in the sky
- at a bird sailing through the sky
- at water flowing over your hands

Your spirit whispers
"this is great."
"this is enough."
"this is God."

In silence God ceases to be an
object and becomes an
experience — and that silence,
that quality of inner stillness ^{presence}
does not require a monastery —
it requires openness, approach
with love — seeing what has
been here all along.

Newton's message never was just
for monks — was for everyone —
a spark at end of a long day —
a person driving home wondering
if this life means anything —
a parent sitting at the bedside
of a sick child.

The div. is shining through it every day, ^{all} time.
We don't need to go anywhere to discover
God — God is shining everywhere.
Be fully lovingly present...
where you are.

Choose an ordinary moment
today - washing hands
- making tea
- dialing your phone

Bring your complete presence
to it - nothing more
- nothing less,
and notice what is
already there