



There is no one else out there.
Everything is from your mind.

Greetings from Strathean Retreat near Otaki.

It's overcast, lots of huge green trees, green grass and fast growing weeds. Quails, tuis, kereru, pukeko, blackbirds, thrushes a-courting. Funny to watch. There is a beautiful new yoga studio, an intimate meditation room and plenty of cosy spaces, good company and meaningful activities.

Why am I here? FOR THINGS TO CHANGE I MUST CHANGE.

What do I want to change?

These separatist times accentuate my need to be part of a small meditation group who meditate together daily without masks, distancing or disinfectant but with beauty, devotion, attention, surrender, trust and a deepening resonance together. To share meals, yoga, tasks, prayer, song and chant, camaraderie and neighbouring spiritual clusters is also my heart's desire being met. The possibility for both my adult, dependent, autistic son and myself to belong here feels like a Miracle, God's beneficence.

As you know from last week's letter, believe in the possibility, then listen to, trust and act upon inner guidance in a regular way.

"Here I AM. What do you want me to do?" is a way to be open in meditation.

How are you? If you made one change in your belief and your life, what might that be? Baby steps are good. Plant the beans. Clear the desk. Breathe the fresh air. Write in your daily gratitude journal and say to yourself, "Good work. Well done. I love you." and give yourself a smile and hug.

THERE IS NO-ONE ELSE OUT THERE. EVERYTHING IS FROM YOUR MIND.
I wonder who has heard the story of how Tahitians were first able to see the tall ships.

It goes like this:

Tahitians had no concept of tall ships. When European explorers first anchored tall ships off shore, Tahitians could not see them. Eventually, the shaman, the sensitive, noticed ripples in the water. Morning after morning he went down to the shore to watch the ripples and follow them out to sea. One day he started to see or imagine what was making these ripples. Slowly the form became clear and astonishing, never seen before, tall ships became a possibility in his mind. He could see them.

But how to lead other people into his vision still is the task of today.

WITHOUT VISION THE PEOPLE PERISH. What is your Vision?

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