

ALBA White Board

ALBA Day Retreat

20 January 2024

Theme: "The Art of Being Here and Now"

Led by Nick Carroll

Thank you friends for joining the retreat 😊

Please share any reflections below - it would be lovely to hear from

Thanks so much for an inspiring day, Nick and the sangha.

Below you'll find the poem and some of the links shared in the chat, in case you missed them. Metta, Tiffy

I

*I walk down the street.
There is a deep hole in the sidewalk
I fall in.
I am lost ... I am helpless.
It isn't my fault.
It takes me forever to find a way out.*

II

*I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place
but, it isn't my fault.
It still takes a long time to get out.*

III

*I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in ... it's a habit.
my eyes are open
I know where I am.
It is my fault.
I get out immediately.*

IV

*I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.*

V

I walk down another street.

by *Portia Nelson*

Ajahn Amaro wrote this book on Equanimity

<https://media.amaravati.org/dhamma-books/who-is-pulling-the-strings>

A Multi- Faith Peace Walk in London. this Sunday 12-3pm

<https://plumvillage.uk/event/peace-is-every-step/>

Q&A with Ajahn Achalo and the situation in the Middle East

<https://youtu.be/uyCOHBoI818>

<https://alba.amaravati.org/dana-donations/>

On the subject of awareness there is a Beautiful Gatha By Thich Nhat Han: "Awareness is a Mirror reflecting the four Elements".

Nick, wise poem about the hole. Thank You. Could somebody write me down the author and the name of the poem? And just a comment... what would be the last chapters? Why to walk? Why to talk? Why to desire, create, birth, care, sorrow, pain, death again and again? Why arised the thought that it is a gain? Or the thought that it is a game? - No more or silly, just a scam?... computer-like „game“ projected through consciousness, mind, senses? Why the mistake to identify with the person like in the movie, game with part of it, the creation, with any form, thought, action, perception, emotion? Why do we seek any anchor, happiness... and especially in it, in the stir? Is it the basic wound? The believe in I, me, myself, mine...? Just a program, thought? We do not have to believe it anymore