

Falling Apart into Enlightenment

Ignorance is the cause of suffering.
Ignorance is a kind of solidification –
a way we create the false reality
that we are separate, enduring, and solid things.

When things are falling apart,
when we feel groundless and uncertain - - -
we only create more suffering when
we try to put them back together –
to make solid again.

We hold onto the relationship we should let go of,
try to rebuild the ego when it's suffered a blow,
or fight to take society back to the past.

All this suffering,
come from trying
to make things secure, solid, and familiar again.

Have the **courage to rest in the space of groundlessness**,
do not try to escape its discomfort.

There, in the open space of reality,
we glimpse enlightened mind.

We are open. We are awake.

Enlightenment can seem mysterious, but it's a very ordinary thing.

Every time it feels like life is falling apart,
it's right there.

- Melvin McLeod, Lion's Roar, July, 2021, w/edits by Lyn