

What Truly Matters

Our human nature contains so many paradoxes and is comprised of the opposites that make up all of life. We all know love and fear, calm and anxiety, strength and weakness, clarity and confusion, perfection and fallibility—we don't need to deny or repress this aspect of humanness. Indeed, as we embrace fully all of our experiences, a greater balance comes into being—a balance which can open our consciousness beyond the play of opposites to our true nature, that mysterious Ground and source of *being* from which we arise. While our true nature is a unified wholeness, forever beyond the play of opposites, it is also fully present within them—and *as* them—providing them with balance, grounding, and direction.

It is important to be dedicated to our inner presence of *being* and the peace that is always awaiting our attention and acknowledgement—not just for our individual peace of mind, but also for one another. The more we are reminded of the great resiliency that exists within the heart of humanity, the more that we can embody, relate, and act from the Spirit of love and compassion that resides within us all. Perhaps, through encountering challenges, we will be reminded and reoriented toward what truly matters in life. Perhaps we will reassess the depth of our commitment to *what unites the human heart* and let go of serving whatever does not contribute to the better parts of our nature.

... stay connected to your Spirit, to that quiet and formless Presence that is our true nature. While we may be limited in our outer lives, our Spirit and our love are without borders and connect us with one another in a deep and intuitive way. Spirituality is a part of our daily lives, it reveals the very heart and true nature of our *being*, and of our lives, and of one other. And it reminds us each to *be* now what we truly are, for the benefit of all beings.

- *Adyashanti*, 3-24-2020 w/edits by Lyn