



SPRING NEWSLETTER



This Spring I have been playing in the garden, creating a wild meadow for our bees. It has been immensely freeing to embrace the weeds rather than go to war with them. To see the beauty in each wild flower even those labeled as noxious, invasive and unwelcome. Initially it was quite a challenge but it has turned out to be a liberating joy. I was reminded of the words by the German mystic Mechtild of Magdeburg

'Of heavenly things God has shown me I can speak but a little word, not more than a honey bee can carry away on its foot from an overflowing jar'. In my case, an abundant meadow, where every plant has its chance to dance in the spring sunlight.

Working many years ago on Skid Row in Los Angeles, our community was focused on trying to see the Beloved in each person we encountered whether it was a down and out street person, an alcoholic, a marginalized Hopi Indian, the pimp, the prostitute, the heroin addict, the hungry, the sick, the prisoner. Each one, Mother Teresa would say, was Jesus in disguise. No matter how unlovable, unattractive, and hopeless.

Rumi wrote 'Borrow the Beloved's eyes. Look through them and you'll see the Beloved's face everywhere.' When love is in you, you are one with Love.

One of things I enjoy about Buddhism is that everyone is, by definition, a fully qualified Buddha or, and this is the important difference, a *potential* Buddha. Zen insists that one can't really go out and get enlightened because one is already enlightened, we just don't realise it yet.

Out of interest go and stand in your local shopping mall and watch the people go by. Do you *really* believe they are all potential Buddha's? What, even the guy with the 'Satan's slave' tattoo and the body piercings, and the woman who is busy giving one of her kids a wallop with one hand while trying to light another cigarette with the other? Even the people who think of nothing more than fast food and trash TV? Even the petty thieves and dropouts? It's quite easy to see nice people as Buddhas in waiting. The sort of people who think about moral issues, who want to lead a good life, who care about their relationships, look after their families, and fret about how to attain world peace – all these seem like good Buddha material. But a really good bit of Zen, or love in action Christianity or a Rumi poem is that once you start to look for good in people, you find it. Like seeing the beauty in a



weed. It is never initially easy to drop our preconceptions and prejudices to see the divine in everything or the Beloved in everyone. But one good way is just to start seeing the potential in others and not the veils that disguise it.

Once you expect Buddhas you find Buddhas.

Here is a little experiment that you possibly have tried already. Next time you are in a line of traffic and other people are trying to join the line, stop and let someone in. And then watch that person to see what happens. Nine times out of ten they will take the next opportunity to pass on the good deed. Okay, it's a tiny example and it won't necessarily change the world, but repeat it enough times in different ways and you will make a difference. You may even see Buddhas where you used to see washouts.



I hope this spring your garden is bringing you many gifts. I can hardly think of a better master to spend time with than a garden. If nothing else she will teach you about getting out of the head and into the present moment. And even if you don't allow the weeds this year, take time to appreciate their unique, and often hidden, beauty before you yank them out.

With love

From Billy, the gardener.

UPCOMING EVENTS

A TOTAL WELLNESS WEEK October 24th – 28th

Enjoy the beauty of our gardens while you pamper yourself with healing therapies and healthy country cuisine. Take early morning walks, swim a lap or two, have a daily Yoga session, and if you want to and join guided visualisations to promote inner peace and wellbeing 023 6251871 temenos@lando.co.za

OPENING OF THE RICHARD MURPHY READING ROOM October 29th

Our new reading room has been made possible by the generous donation from the Murphy family of Anglo Irish poet Richard Murphy's collection of books. For the occasion there will be a cocktail party at 18h00, and Richard's daughter and grand daughter will be reading Richard's poetry. If you are interested in attending please let our reception desk know.

THE JOY OF ART - October 28th – 31st

Brush up your watercolours in the spring gardens of Temenos. Join other watercolour enthusiasts and well known Art teacher Joy Truscott for a fun, creative weekend. Further enquiries 0791807639

EXPERIENCING LIFE CREATIVELY November 11th – 14th

Take time out to be inspired by who you are and what you long for. A wonderful opportunity for creative personal evaluation. And a life changing experience for anyone wanting to reconnect with their creative resources and reignite their passions. For more information call 0791807639

SING, PRAY, LOVE (and eat!) November 18th – 21st

A weekend in which to embrace the joy of the Beloved and to feel emotionally and physically restored. The workshop provides a safe setting designed to support and to encourage participants to reconnect with the sacred within through spontaneity, sacred play, music and poetry. For more information call Harold Epstein 021 465 6087

ADVENT RETREAT

Look out for our Advent Retreat in December, facilitated by Carolyn Butler.

A contemplative and reflective journey to the heart of Christmas.

CHRISTMAS and NEW YEAR Bookings now open. Traditional Christmas Eve and New Year's Eve dinner.

FOR **FESTIVE HOLIDAY SPECIALS** call us at 023 625 1871

Or email us at temenos@lando.co.za