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It seems that life is very empty without a spiritual practice. I have had the opportunity to travel to many countries, to live very well, and I realize that that is not the way to... just having things, doing things, being entertained, is not satisfying. And being able to reach into my mind and watch my mind, and watch my speech, my actions, and what I'm doing, and consider what it's like to eat very slowly and mindfully, instead of just spooning up one thing, putting something in my mouth, and having the spoon ready for something else before you even have that swallow down, which is the way I've eaten for many years. And being able to really appreciate other people, and places, beautiful nature, there is wonderful nature where I am here. And I feel that the mountains and the trees and the animals, everything that is around here, I'm connected with.

So that having a spiritual practice has made me realize how much we are all connected and why we are here, what this world is about. And of course, I don't still know. It's still a mystery. But for some reason there's something I think in the human being that just wants to know, wants to keep seeking, wants to keep trying to find out.

And of course then I also know that the best thing to do is to just surrender to the whole thing and just see what happens, and just be present, allow whatever is coming towards me to come towards me and not resist. And of course the Buddhist principles, and of course the Christian principles too, and probably every religion, basically has so much wisdom for us, in how to live and have a happy life, and a fulfilling life, and a life that gives something, that adds something to the whole. And that seems more and more important.

And the practices like Tong Len and Lojong, where you're exchanging yourself for others, also helps wake up. It seems we're basically, as human beings; we're trying to come up out of the muck. We're trying to raise ourselves and as we do it's kind of a whole thing. My feeling is that we're on the edge of a new way, in many many ways. And many things are falling that need to fall. And if we all fall, it all depends on how we live and how we treat each other and how we can get to the place where whatever happens is OK. If we have terrible pain, if something happens to us that we think is awful, it's only with our minds that we can create it into something. We see this happening all the time. People have terrible handicaps and bring themselves into being contributors. So that's, I guess, about it.