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## Quotations from *Confrontation as a Spiritual Practice*

Talk on 22 Dec 2013, Unity Fort Collins, CO - <http://spibr.org/2013-12-22.mp3> (35 min)

### **CURSES TRANSFORMED INTO BLESSINGS**

“What seemed once to be a special problem, a mistake without a remedy, or an affliction without a cure has been transformed into a universal blessing.”

- *A Course in Miracles*

### **LISTEN TO ME**

"You are young. So you know everything. You leap into the boat and begin rowing. But listen to me. Without fanfare, without embarrassment, without any doubt, I talk directly to your soul. Listen to me. Lift the oars from the water, let your arms rest, and your heart, and heart's little intelligence, and listen to me. There is life without love. It is not worth a bent penny, or a scuffed shoe. It is not worth the body of a dead dog nine days unburied. When you hear, a mile away and still out of sight, the churn of the water as it begins to swirl and roil, fretting around sharp rocks – when you hear that unmistakable pounding – when you feel the mist on your mouth and sense ahead the embattlement, the long falls plunging and steaming – then row, row for your life *toward it*."

- Mary Oliver – *West Wind #2*

### **THE WINDOW OF OPPORTUNITY REMAINS SHUT**

“The opportunity that is concealed within every crisis does not manifest until *all* the facts of any given situation are acknowledged and *fully accepted*. As long as you deny them, as long as you try to escape from them or wish that things were different, the window of opportunity does not open up, and you remain trapped inside that situation, which will remain the same or deteriorate further.”

– *The Power of Now* by Eckhart Tolle

### **CALM IN THE RAPIDS**

Together we hear the waterfall  
like thunder in the distance;  
rapid after rapid  
the spills and breaks  
have worn thin our gear,  
our determination.

We carry an image in our hearts  
of a green valley beyond the precipice  
yet the fear of what approaches  
runs through our nerves like water.

We cannot reverse; the river calms  
opening a space to recover,  
to gather what we need inside.

We look to each other with a smile,  
a joy that can only be human;  
we won't turn back  
the river is guiding us.

- Don Hynes