

Opening Chant

*Allow yourself to be utterly still
To relax
To be fully awake
Let everything be
Let everything go*

Closing Chant:

*Where nothing has ever happened, meditation begins.
In the eternal present moment, Consciousness awakes.
When we let everything be as it is, over and over again,
then what reveals itself, before thought, is the answer to all of
life - the Creative Impulse - that boundless Love from which the
whole universe unfolds.*

Emptiness - Iain McGilchrist

There are certain things, that you can only realise if you stop acting, thinking and filling up the space with what you think is important. And instead cultivate silence, openness, awareness. An awareness that is not passive. It is a non-doing in which you are not filling the space with your thoughts – but listening. It's a listening that opens, stilling all the talkative voices of the mind so that something else that you hadn't anticipated has a chance – for once – to come and meet you. And it's only in that coming to meet you through the openness of your attention, that something else begins to grow between us. That is the creative process we're all capable of. But we hardly ever in the modern world give it a chance.

Less can be more and unknowing can be more than knowing. There can be something rich in non-doing as the Buddhists say. And this is not the same as idleness and ignorance. Ignorance is what you have before you have knowledge and unknowing is what you have after knowledge - if you're lucky. It is the beginning of wisdom.

Emptying yourself is the concept in Buddhism of Śūnyatā which means Emptiness. In English emptiness sounds negative. But I believe that negation is actually very creative. Emptying yourself is like creating a space, a fertile space, best envisioned as the womb. As a place in which new life can grow. And if it's full, no new life can grow. We need to be like that. We need to become the space where new life can grow. And it comes to us through listening, through being patient and being attentive. What more can I say?