

THE DAKINI SPEAKS

My friend, lets grow up.
Lets stop pretending we don't know the deal here.
Or if we truly haven't noticed, let's wake up and notice.

Look: everything that can be lost, will be lost.
It's simple—how could we have missed it for so long?

Let's grieve our losses fully, like ripe human beings,
But please, let's not be so shocked by them.
Let's not act so betrayed.
As though life had broken her secret promise to us.

Impermanence is life's only promise to us.
And she keeps it with ruthless impeccability.

To a child she seems cruel, but she is only wild.
And her compassion is exquisitely precise:
Brilliantly penetrating, luminous with truth,
She strips away the unreal to show us the real.

This is the true ride—let's give ourselves to it!
Let's stop making deals for a safe passage.
There isn't one anyway, and the cost is too high.

We are not children any more.
The true human adult gives everything for what cannot be lost.
Let's dance the wild dance of no hope!

Jennifer Welwood's

Flint Sparks:

“Secretly or at least unconsciously, most of us would rather relinquish full responsibility for our lives and forgo the demands of growing up. We would rather relax into a dream of false comfort and apparent safety, hoping it will all turn out OK. We are terrified of the “real” and yet suffer because we don’t or won’t look. We enter spiritual practice wanting to know the truth and then flinch at what we discover.

Here is a fierce poem by Jennifer Welwood which speaks to this dilemma and the requirement of disciplined practice. A “dakini” is a figure in Tibetan Buddhist iconography and mythology which is often depicted as a female warrior—telling the truth and taking no prisoners”

Michael Mervosh, from *The Art of Self Reflection – Know the Deal Here: Entitlement vs. Impermanence*:

“Welwood begins with an imperative right from the start – grow up, and wake up. Drop the sleepy, unconscious child consciousness demands that think life should take care of you. This doesn’t work. See the way the world actually is from your adult eyes.

Acknowledge the reality of ‘chronos’ – the factual consequences of the existence of time. This may appear dire and feel harsh to you. But this is just the way it is. Stop taking it so personally.

Of course, we will lose everything. I suppose we have missed this fact for so long due to our tendencies towards child-like, wishful thinking. From the undeveloped perspective of an immature consciousness, losing what we seek to possess is devastating. From a fearful and fragile ego mind, we learn to cling, to grasp; then we lament what eludes our grasping.

Why do we have to suffer loss? I hate to lose; it hurts.” Yes, it does.

“I don’t want to feel pain.” Right, no one does.

“But I don’t want to be the one who is hurting; why does it have to hurt so much?” A good question. But invariably, pain comes. It gives our lives a certain contrast to joy; otherwise, our senses become dulled.

“I don’t care, I refuse to accept the way I hurt.” Understood. But that refusal, unfortunately, is again one of the privileges of our being human. We are free to deny what is inevitable – our fate, as well as our destiny. Suffering is inevitable, it is said, but misery is optional. And the big trouble, the ongoing and pervasive sense of misery in our lives, ultimately stems from this posture of refusal.”