

Woman's Wisdom

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100 ways to better your life

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Acknowledgments

Foreward

After a therapy session, I hand a client a post-it note that summarizes our time together. These mantras or aphorisms find their way to a pocket, a palm pilot, or a fridge door, and sometimes they become part of the premises for a person to flourish. For a decade, I have found comfort in Stephen Mitchell's translation of Lao Tzu's Tao Te Ching and Rabbi Nachman's Empty Chair. I've learned from my healers and mentors as well. So I decided to pull together the wisdom spun from the connection between healer and healed, teacher and student, along with a few other of life's lessons.

You may read these verses in the order presented or by thematic sections; or you may prefer to open to a random page to see what the book has to offer you in this moment.

I hope you will find the counsel I wish and I know you will discover something more than I can know.

The highest peace is the peace between opposites.

– Rabbi Nachman of Breslov

The Gift

The Gift is what we are offered in life. It is neither what we asked for nor what we want. The gift is to be admired. We do not have to pick it up. Don't accept a bomb. How we will use our gifts is a mystery. Life is a process of exchanging our gifts with other people and with the environment.

I.

1. *Giving*

Some say that to give
Is the greatest good.
I say that
Reciprocity
Is the highest form
Of love.
If giving is good,
Give and
Let give
Is better.



2. *On the Need to Be Liked*

If you want to be liked,
Give people a chance
To dislike you
For who you really are.
Then,
If they like you,
You know
They really like you.

3. *Expectation vs. Knowing*

Don't expect
Anyone
To think like you do
About anything.
From this stance
Mutual exchange can follow.

4. *The Giver and The Gift*

When you are offered a criticism,
Leave that gift on the table
So you can admire it from all angles.
Before you decide whether to pick it up.
A gift may tell you more
About the giver
Than about yourself.
When my son was four,
He gave me,
For my birthday, a
Shiny, bright red truck.
Often people give
What they love best or
What they want or need.
If there is love,
It is in the act itself.
You can appreciate the act
And decline the gift.



5. *On Receiving Criticism*

Welcome criticism!
Be sincerely hopeful that
You'll find in it a surprise or
A treasure.
It is unfortunate
That most criticism
Falls short of the mark.
But be hopeful!



6. *A Lasting Treasure*

My cousin
Early to fall to AIDS
Called from another country to say:
“I was in the marketplace today
And a drop of rain
Fell on my cheek.
It was so cool.
I have to tell you.”
That drop
Touches me
Now.



7. *The Wise Woman*

The wise woman
Is she who is content
With whatever she has.
From that place of ease,
She seeks
To accept herself
To explore her creativity
To love whom she can
To remove herself from evil and abuse
To look back as little as she must.
She skips her stone across the water
Before she leaves.



8. *You are Designed Perfectly*

Pick a mango
From a tree
And savor how well
You are designed to eat from it.
Pick a sprig of lavender
And breathe in deeply
And realize you are tuned
To be intoxicated by its scent.
Watch a sunset
And realize your mind
Is ablaze with its colors.
Let yourself delight in anything
And know that you are meant
To pulsate with that connection.
Do not blame yourself
If you continue to suffer.
Better to assume
You are doing what you can.



9. *On Your Gifts*

You are given some gifts
That you may use only to help others
And not to help yourself.
This is a mystery.



10. *The Child Who Knows*

The child who knows
How to be bad
And how to be good
Knows twice as much
As the child
Who knows
Only
How to be good

The Teacher

How can we learn what we need to know to live fully our short time on earth? We will need The Teacher. Sometimes The Teacher is a person who professes to mentor us. Other times, The Teacher comes to us in surprising forms.

II



1. *Indonesian Counsel*

A thing starts
When it starts.
It goes
As long as it goes.
When it's done,
It finishes.
No contract,
Nothing
Can change that.
The word for this is
Jamcaret:
Elastic time.



2. *A Lesson from Tepoztlan*

Nothing works,
But everything works out.



3. *A Lesson of the Cuban People*

Anything
Is possible.
Keep dancing.
Keep the heart drum pounding.
Invite your ancient spirits.
Laugh at whatever you can.
Anything
Is possible.



4. *The Great Teacher*

The great teacher
Is she who
Teaches
Just ahead
Of
Her student's ability.
Not to where he is now,
But to where he is going.
When the student arrives,
The lesson appears
And he will recognize
Who he has become.



5. *What Work Needs You to Do It?*

What is your work?
Combine your gifts
Into a unique mix
And let them create
Your job.
In Mexico my taxi driver's business card:
Polanco Tours (bilingual)
Cooking Lessons & Art Classes
Magico!



6. *Lesson from Chile*

If you are in a big hurry,
Slow down.
You will get there faster
And it will feel better.
As the Chileans say,
“Despacito por las piedras!”
Watch out for the stones.

7. *To Find Your Way*

When you feel lost
Remember that the way
Will show you your path.
As the Spanish saying goes:
Se hace camino al andar.

8. *Who Will Be Your Teacher?*

As a human rights advocate
I debated a dictatorship
With a military man seated next to me
On the airplane.
Suddenly, our tiny craft shook violently
Up and down and sideways,
Ice spinning off its wings.
It seemed the plane was going down.
I angled my hand to spill out into the aisle
What remained in my glass.
The man touched my arm,
“You don’t need to do that.
Let’s go down with dignity.”

9. *The Teacher*

I was hand sewing
With the finest pink and silver thread
A silk prayer shawl for
My young daughter,
When I made a mistake
And cursed out loud.
If you don’t do a deed with love,
She told me,
It is not a blessing.
From then on, every stitch
Was sewn with love.
The one stitch that wasn’t,
Was The Teacher.

10. *Being While Doing is Twice as Good
as Just Doing*

From the living room
Where he was playing,
My four year old called to
Me rushing to make dinner
In the kitchen:
“Mom, wasn’t yesterday great?”
What yesterday? I don’t remember.
“You were in the kitchen like now
And I was in the living room
Playing Nintendo.”
Awakened,
I dropped to my knees in front of him
To drink from the well.

Time & Timing

Could there be an optimal moment for everything we do; a right age or life stage or best moment when we are existentially like a fruit that is ripe or a flower in perfect bloom? How do we learn to pace ourselves with the choices we make, while everything is changing inside of us and around us like clouds transforming across the sky? How can we do what we can while we can?

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1. *Fate & Free Will*

Life is like a cross-country race.
Suddenly,
An opening appears.
If you want to move fast
That parting is the
Space for you.
You can't force an opening.
Once gone,
It's gone forever.
But in a stretch,
Another opening will
Suddenly appear.



2. *On A Destructive Relationship*

If you leave in time,
There is no problem.
Once you leave
How little can you look back?
As they say in Puerto Rico:
“Mejor estar sola que mal acompañada”
Remind yourself:
It is better to be alone than in bad company.

3. *Timing*

What exhilarates
Is to do a thing
At the right time—
To marry or divorce,
To travel or to stay home,
To change jobs or keep your old one.
To do certain physical activities,
To focus on your spirit—
And even better is
To know while you are doing it, that
This is the time to be doing this thing.
This is the life-stage,
The age,
The moment!

4. *On Decision Making*

Intuition
Is a science of embodied observation
That you have conducted
Your whole life.
Confer with
Everyone you trust,
Feel your gut instinct,
Act upon your intuition,
Refined
By your highest
Sense of love.

5. *Dare to Create Your Past*

Dare to live the life
You'll look back on
With astonishment,
Gratitude
And pride.
Do the impossible.

6. *Leave in Time*

There is a time
When you cannot
Get out
Of a country,
A relationship,
A job,
A situation.
Doors, Gates, Borders, Exits can close.
Read the signs.
Leave before you can't.

7. *On What is Uninteresting*

It is best to find certain things
Uninteresting.
Such as,
Why was someone cruel or abusive?
Why was a ruler or a government evil?
The question itself pulls you back
Into danger.
Just hop on the next bus,
Or cross the sea when it parts
And don't look back.
What is interesting to ask is this:
How can you live free,
Create
Do justice and
Empathize,
Even while the branches of your heart are
Heavy from the long rains of your suffering?

8. *Be Who You Are Now*

Why try to be
Who you were?
Didn't you do that already?
The future doesn't repeat itself.
Respond fully
As you are now.
It is time
To get acquainted
With yourself.



9. *Anxiety*

If anticipating an event
Makes you anxious
See whether you can't
Postpone the anxiety
Until after
The event.
Sing your heart out
During the performance,
Pray,
And if you must,
There will be a moment or two
Afterwards
To wring your hands.



10. *How To Go*

Leave before
You'd harm.
Return what you borrow
In better condition
Than you found it.
Leave your lovers
A little better off
Than before they met you.
When you are gone,
People will sense a certain cool breeze or
Discover in a dark corner
A little basket of light
Left behind.

Openings & Closings

In life, we can only go through the door that opens to us. Some doors open that we should pass. Sometimes we are pushed or sucked into something dangerous that we need to escape. Other times, we are called to do something. Openings and closings are elusive things. We must train ourselves to sense them.

On a kayak trip, our guides warned of treacherous water and told us what to do if we fell into the sink hole around the

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bend. A woman hesitated about taking her own kayak instead of staying on the raft. I got a bad feeling about her going and dared to tell her my premonition. She said, "I too feel something's going to happen, but I have to go." After my raft had passed the thunderous corner, her kayak came over that same wild place and she fell into the sink hole. She breathed in, the way the guide had said to, and when it spit her out, she managed to have an oar in one hand and to grab on to a giant weed on a rock with the other hand. When the last kayak turned the bend and an elderly man capsized into the same hole, she gave him hold of the oar and they held on until both of them were rescued. Afterward I said to her, we knew you were invited into danger, but I did not know that you had to enter to save the other traveler.

1. *The Lesson of Hell's Gate*

While you travel down the river,
If you fall into a sink hole,
There is no fighting it.
You must submit to it immediately.
When it spits you up,
Breathe in,
When it sucks you under,
Exhale.
Now you will have the energy and clarity
When it spits you out
To escape.



2. *Happiness*

It's O.K.
When everything falls into place
And
Whatever place things fall into
It's O.K.

3. *If You See Trouble Coming*

If you see trouble coming,
However stunning it may appear,
Whether it is a speeding car,
A lover turned violent,
Or the funnel of an awesome storm,
Can you
Go
The other
Way?

4. *Your Desperation*

Yes, your desperation
Has its place, but it
Cannot be in the driver's seat.
It belongs in the back of the car,
Secured in the Baby seat,
Facing the other direction,
While you drive.
From there, like an exhausted newborn,
Your desperation can scream,
The rain can fall around you, and
The road can be pot-holed and long,
But you can arrive home
Safely.



5. *Make No Decision*

Make no decision
Out of desperation.
Cold thrashing waters are opaque.
In calm,
The information
You need
Will come to you
Like a late spring breeze that
Walks across the water
To transform the last lights
Of the day.



6. *When You Feel Despair*

In the shadow,
Focus on what you can see.
Locate and admire your gifts.
When the wings of despair lift
You will be ready
To share these gifts with the world.
Your next dark hour
You will know despair:
It is the aftershock of a
Star that shot through the heavens into
The roaring night sea
So that you would nearly languish
With your longing for it.
One day, when you see despair coming
You will smile and shake your head
Because you will know
That the star is inside of you
Forever.



7. *Your Fear*

Your Fear is an alarm system
It is a smoke detector.
Once you have received the message
That something is frightening to you,
Let the noisy alarm cut off.
Now, when you can hear yourself think,
begin to imagine a way
To prevent the smoke
From becoming fire.



8. *If You Want to Be Happy*

Be a good friend.
Leave more time
Than it takes
To do anything,
So someone can ask for your help.
Everyone loves a friend.

9. *On Worthiness*

Of course you are not worthy
Of the great things you want to do.
But neither is anyone else.
Is the task
Worthy of being done?
Then what are you waiting for?

10. *When You Are Lost*

Pray with an opened heart and mind
That you will be granted a light
To guide your way,
Or that a path will be revealed to you
In the embrace of the dense darkness or
In the beaming white shadow of the moon.
Say: Force of Breath, Life and
Transformation,
Please, please, please,
Show me the way,
And I will follow it diligently.

Love & Healing

Love and healing are processes we go through. Love can be a source of healing, but misguided love can cause dis-ease.

V

1. *On Love & Healing*

Love
And
Healing
Take Time.



2. *On Hate & Caring*

Hate harms.
Caring can repair.
Escape hateful situations
As quick as you can.
Create caring environments.
Position yourself
To receive
Positive suggestions
And healing messages.
Your mind and trillions of cells
Are always listening
And digesting their environment.
You are their protector.
Hate harms.
Caring can repair.



3. *Whatever You Do*

Whatever you do
In a wrong situation,
Will go wrong.
Exit.
For things to work out,
You must first create
The best possible
Circumstances.
Then, positive change
Can be spontaneous!
This is true in love
And healing.



4. *What is a Relationship?*

What did you think?
That building a relationship
Is like putting
One brick on top of another?
No.
Love is
Grain of sand
Upon grain of sand.



5. *Symptoms*

Allow your symptoms to be
Early warning systems.
You need go no further into them than that.
They will begin to spontaneously change
Into suggestions for new paths to take
Across planet earth and
Inside your heart.
A symptom is
Your mind and body's way
To tell you that you feel held back
From some great adventure.
It is your pent up potential
That is tearing you apart.



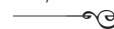
6. *To Heal from Inadequacy*

When opening again,
Calibrate.
Do you need
To overcorrect?
Good enough
Is better
Than best.
There is always some
Other best that is better than yours.
Chasing after the butterfly of perfection
Will drain the life out of you.
Good enough
Is good enough.
Good enough partner.
Good enough job.
Good enough dwelling.
A good life.



7. *Other People*

Other people can be an energy source
Or an energy drain.
Seek
And associate with
Other energy sources.
This is part of what is meant by
Choose life.



8. *The Thing You Dislike About Yourself*

When my daughter was very young
She told me
She needed to get her birthmark removed.
I told her
Whoever loves you
Will make that stork-bite a
Special kiss-spot.
And it came to pass.



9. *To Love the Other*

As you would do in an airplane,
To help the person next to you,
First put your oxygen mask
Over your nose and mouth
And breathe deeply.



10. *Good Health*

Good health is not
Nutrition
Herbs
Medicine
Intelligence
Love
Or Community,
It is
An integrated life.

Relationships

We are social creatures, yet in our competitive, aggressive and clock-centric world, to relate to each other is not easy. Good love stays close to our bones and whispers to us the secrets about who we are. But relationships are always paradoxical. Some relationships can change the world.

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1. *The Separation*

If you let anyone
Or anything
In the name of hate or love
Separate you
From yourself
From your spirit,
From your knowing spirit,
The journey forward from this chasm
Promises to be arduous,
You can only become whole again
When you learn new ways to fill emptiness
With the fresh air of happiness.



2. *Why Don't You Love Me?*

If you are in a destructive relationship,
You can't get useful feedback about yourself.
Imagine if the Children of Israel had said:
"Pharoah, why don't you love us?
We try so hard!"
Just cross the river.
The land is promised.



3. *In the Name of God or the Name of Love*

Do not let anyone
Not even in the name
Of God
Or love,
Separate you from yourself.
Your integrity
Your wholeness
Is God.
It is love.
When you are giving your best love,
Your head, your heart and your sex
Say the same thing to you.
How could you let anyone ask you
To step aside from self love
In the name of love?
But what is self-love
Without The Other?



4. *The Paradox of Love*

It is what you love about a person
That you will dislike about them.
In Puritanical jingle:
What you love on your first date
Is what will irritate about your mate.

5. *On Romantic Love*

Love
Does not
Have to harm you,
But it will run you up and down the gamut
Of human emotions.
And it will change you.
Because love like that is fickle.
It is best to start out your adventure of love
By loving yourself
As well and often as possible.
Then you will know something about
Acceptance and
Forgiveness and
How to ride the tides of emotion,
When the next romantic love wave hits.

6. *You Can't Be Free*

You can't be free
To open yourself
To a good relationship
While you are imprisoned
In the wrong relationship.
How can a prisoner dare
To fully open her/his heart?
It wouldn't be wise.

7. *Once You Love Someone*

Once you love someone
For who they really are,
One day
You will wish to ask them:
Couldn't you be
A little
Less
You?

8. *To Leave A Destructive Relationship*

To leave a destructive relationship
You must first
Review all the good.
See the good like a movie
On one side of your mind's eye.
Have obsession sessions
In which you review the archives
Of treasured times.
Then, on the other side of your mind's eye,
See the bad.
Have obsession sessions
In which you review each bruise and every tear.
Now show both at the same time,
And your decision
Will come quietly to you.
Afterward,
You will miss
Your broken heart.



9. *As Kurt Vonnegut Wrote*

The real truth of our
Disappointment
With one life/love partner
Is that he/she is simply
Not enough people.



10. *Self-Respect*

Self-respect
Is not
Selfishness.

Who Be Kind To

As Allen Ginsberg wrote, “Be kind to yourself.” This does not mean get richer, faster, stronger or get more people to like you. It means be good to yourself and diligently tend the garden you already have. First you will have to find where your Garden lies and admire what is already thriving there.

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1. *Do Not*

Do not expose yourself
To destructive suggestions
Or belittling comments.
No one
Is immune to them.
If they are waiting
In a room for you
Don't go there.



2. *Faith*

Faith
Can go a long way
With a good person:
The faith you have in yourself,
And the faith you have in another.
Each moment has unique requisites.
When in doubt,
Act on faith.



3. *Why Stay?*

Why stay and fight?
Did you pick this battle?
Be elusive.
This is a lesson of chi gong.



4. *Before You Get In, Have a Plan to Get Out*

If you decide
To enter,
Have a plan
For how you can get out.
This applies to love
And war.



5. To Sit With

Who to sit with?
Sit with yourself
It is your one and only when all else fails.
So sit with yourself
And do not jump out of your skin.
Sit with another,
Maybe someone who is in pain.
Mourning, grieving, enduring,
And enjoy each other's presence.



6. On Self Improvement

Before
You make your plans
To improve on yourself,
Love yourself
Exactly as you have been.
Say I have done what I can
Until now.



7. *A Lesson of Yoga*

Many think that
The first step
To self-improvement
Is self-criticism.
That is rarely the case.
To step forward,
You first stand grounded in
Self-acceptance.
How do you do this?
Stop.
Stand on your own two feet.
Balance.
Now, where would you like to move?

8. *On Being Unique*

I am responsible for this body
And this mind.
I am the leader
Of this community
Of trillions of cells.
I must care for this collective,
Even if no one else cares.
This bundle
Of talents, challenges, pains and dreams
Wrapped in a single organ of skin
Is unique.
There never has been and never will be
Another collection
Exactly like mine.
It is my right to express that fully
And then, as the Tao says:
Be silent.
And observe what happens.

9. *On Self Protection*

The master of the Dojo
Teaches that the great warrior does not fight.
She has a look in her eye that says
I will not strike the first blow,
But if you strike me
I will kill you with one stroke.
At all times, she is relaxed
As if she is floating on her back
Down a river.
It is from this state of ease
That she is ready to respond
Faster than thought
With the right self-defense.
She who is on guard
Can be paralyzed with fright,
Indecision, or a misreading of a situation.
Don't be on guard.
Be ready.



10. *The Highest Peace*

If you sincerely wish to help in a conflict
Between couples, nations, or peoples,
Embrace all that is righteous on both sides.
Imagine that you are The Great Parent
Who loves equally both of her children.
Contained by your loving acceptance,
The warring parties
May reconcile or transcend their conflict
In the interest of a higher peace
For their children.
When you love one side and hate the other,
You are in the sink hole.



Where You Are Now

I traveled with my son to the rainforest of Costa Rica. On the way, our guide showed us three mountain tops. He said the Toucan is a bird that inhabits at different times of the year each of these habitats. He asked that we study the middle mountain top. It had been deforested. He said, "You see, the Toucan can no longer inhabit that mountain." I realized that the Toucan can no longer be fully that which it is because

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it does not have the environment that permits it to do so. The guide said many Toucans are captured and sold, to live in cages, even though they are one of the fastest flying birds. I realized that we humans cannot be fully that which we are either, because we do not inhabit a clean environment or a social reality designed to honor the biorhythms of our bodies or the needs of our souls. Therefore, where you are now, cut yourself some slack. You are probably doing the best you can in the less than human situation in which you find yourself.

1. *Observe*

What you are going through
Right now.
See if you can't find that
Interesting.
Why rivet yourself to
What you were going through, or
What you imagine you will go through or
What someone else is doing?
What you are going through,
Right now,
That's interesting,
Isn't it?



2. *When Confronted with Darkness & with Light*

All living things reach for the light.
Between suffering and joy,
Let joy stretch her gossamer wings.
Suffering will always slink back
To look for you.
Into every life some cool rain will fall,
So it is bright to soak in the sun.
Go ahead!

3. *The Wise Person*

The wise person
Is happy with what she has.
She does not envy others
Because she knows
She does not want anyone else's suffering.
From her contentment,
She is able to enjoy novelty and to
Dare to take on challenge.
She stands her ground
With a well protected and open heart.

4. *Where You Are Right Now*

Where you are right now
Is where you need to be.
When you accept that
Even with resignation
You may begin to sense
At the extremities
Of your being
Or in the core
The possibilities
For movement
That you had not imagined.



5. *When You Are Alone*

When you are alone
Remember God has chosen you
To attend only to Him/Her
Without any distraction
Of anyone else.
Prepare for something special
To be revealed to you.



6. *Happiness I*

It is OK to be happy
For no reason

7. *Happiness II*

When you are happy, stay in.
When you are unhappy, go out
And let the world stir you.

8. *What is Courage?*

I asked the Longshoreman
Who climbed the flag staff
Of the first German boat to land
At Jack London docks
Waving the swastika,
“Bill, how did you get the courage
To cut down that flag?”
He said
“I didn’t give it a thought.”
If you think,
You won’t do it.
That’s what courage is.



9. *When You Despair*

When you despair
Ask yourself
Is there really someone else
You’d rather be,
Complete with their joys and troubles?
If not,
Why not allow yourself to get excited about
How well you can get to
Know yourself?
Start now.



10. *In Your Darkest Hour*

In your darkest hour
When you cry out
To The Power of Transformation
While you sit with the anguish
Of your correct decisions and of
Your incorrect decisions
Know that you will receive a response.
You will not always get what you wished for.
But you will learn to love better
That which you already have.
And that
Is better than what you wished for.

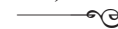
A Daily Practice

Sometimes we think of a musician or a yogini as having a practice. But isn't the point of any practice to help us live life better? How will you create your own emotional practice? Tailor a practice to your own particular needs. Develop a sequence that strengthens you daily. Little by little, you will move from your dreams to their realization.

IX

1. *Develop A Practice*

Just as a pianist
Plays scales
To improve
Her ultimate performance,
Or a Hindu
Uses her yoga postures
To enhance
Her ability to sit calmly,
Decide what it is
You want or need to do
And break it down into steps.
Practice this dance daily
To train yourself
To do it faster than thought.
Use happy memories and dreams
To help you shift
From hopelessness
To creativity.



2. *Creativity*

Your creativity
Is
Your destiny.
The rest
Is
History.



3. *Make Your Self A Place*

To make
Your self
A Place
You want to be.
Sit with your
Pain
Your Agitation
Your Joy.
Say:
Hello my dear friends.
We are experiencing
Life.



4. *To Attain Calm*

Breathe in and then
Exhale deeply and slowly.
Say to yourself:
I have done
What I can
For the moment
About everything
Outside of me.
I have all the time I need
In the time I have.
As your body naturally inhales again,
Daydream.
Watch the clouds change shape.



5. *Living Well is Like Stretching Well*

Inhale, and then
As your exhale begins,
Stretch to the point of resistance
And then back off
Toward your comfort zone.
As your inhale begins.
You will be released
Past your resistance point,
Effortlessly.
If you push to your limit
With force or determination
You will meet your own
Resistance
In the form of Fear
Or Pain.



6. *Awaken*

Memorize Your Happy Times
Just as you memorized the line of a song
Or the way you walk down the road
Or the scent of a flower.
In this way,
The joy of your past
Will have become a gift to your present
And a cornerstone to your future.
Memory
Awakens
Physiology.



7. *Have Faith*

Have faith
That we know
We do not know
What is coming next.
One thing is certain:
The way we imagine that today will go
Is not how it will go.
And tomorrow is around the corner.



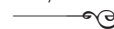
8. *Your Mind*

Just as your respiratory system
Does the best it can
To take in what is useful to you
And let go what is not,
Just as your digestive system
Does the best it can
To take in what is useful from what you eat
And eliminate what is not,
So your mind has the right to
Take in what is useful to you
And let go what is not,
With each breath.



9. *Where to Look*

Look where you are going.
Go where you are looking.
And do not think collectively.
Take it step by step.



10. *Your Sabbath*

Sabbath is a shared meditation within
Your household and your community.
It is a collective break from the world, in which
Everything you do is a meditation.
You do not work or strive.
You are present with everyone else in
Not-accomplishing.
Afterwards, you are refreshed and ready to
Help the world to shake off its shackles of hatred
And purify.
You can have a Sabbath
For a minute of every hour of your life, or for
One day a week.
Why meditate only in isolation?
Find others with whom you can bring peace to life.
We must come together to invite peace or
Peace may not feel welcome.

Live the Life Now

This moment is the beginning for all that
comes next. Yet we are not promised the next
breath. How do we live fully now and not
despair that we will die?

X



1. *Live the Life Now*

Live the life now
That you'll look back on
With wonder, joy and pride.
Remember:
You are creating
Your past, your memories.
No matter how far behind you feel,
In education, class, work, relationship,
You weren't qualified to create this past
Until this present moment.



2. *As My Running Coach Put It*

In cross-country running
As in life,
You can slow up,
But you can't stop.



3. *On Free Will*

Neither optimism
Nor pessimism
Knows the reality
Of the river.
You can't change
The course
Of the river,
But you can
Tilt
The boat.



4. *Life is an Adventure*

You can't know what it will be like
Until you get there.
Why would you want to know
The ending of the story
On your first step forward
Into a new adventure?
The true journey
Penetrates
The unknown,
Led by Curiosity and Wonder.
If you learn something new
Every day
Until your last.
You will not be bored.



5. *To Go Some Place Special*

If you want to go to some special place,
You will have to be prepared and willing
To push on through the bad stuff
To get there.
If someone else had cleared the path,
Would you still be going there?
Bring your machete.
Tread lightly.
Let the path take its time
To open its mysteries to you.
Where are you rushing toward?
.



6. *You Do Not Need To*

You do not need to throw away
The bad in life
Until you have found
The treasure
That was hidden inside it.

7. *The Joy of The Future*

The only way
To get from Yesterday
To Tomorrow
Is through Today.
Live in the present
For the joy of the future.

8. *Many Worldly Experiences*

Many worldly experiences
Are hazing rituals:
Senseless school requirements,
Job ladder demands.
When going through them
Ask yourself
Why did the chicken cross the road?
When you look back on your journey,
The river and
The road
May or may not be memorable.
But you must have crossed them
To arrive where you are.



9. *A Lesson from The Heart*

In 1983 I embroidered a gift for my teacher.
It appears to be an ordinary apple tree.
But it is a representation
Of the coronary arteries.
Your heart is an upside down tree.
It gets its nourishment from the divine.
And it is rooted in the earth.
Even your broken heart
Can be the point of opening
To someone else
Who is grieving.



10. *My Teacher Told Me*

A Japanese man
At the end of his life,
Visited my teacher.
He told my teacher that he saw his life
As if he stood on the top of a mountain
Looking down over the climb he'd taken.
The jagged rocks and sharp weeds
That had cut him along the ascent,
Had become overgrown
With moss and wildflowers.

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And in beloved memory of:

Milton Hyland Erickson, Jay Haley and my father, Morris (Moses) Klibansky...*When a great man dies it is as if a giant stone continued skipping across the stream.*

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