



## Living our Truth

How to make our lives an embodiment of wisdom and compassion is the greatest challenge spiritual seekers face. The truths we have come to understand need to find their visible expression in our lives. Our every thought, word, or action holds the possibility of being a living expression of clarity and love. It isn't enough to be a possessor of wisdom. To believe ourselves to be custodians of truth is to become its opposite, a direct path to becoming stale, self-righteous, or rigid. Ideas and memories do not hold liberating or healing power.

There is no such state as enlightened retirement; where we can live on the bounty of past attainments. Wisdom is alive only as long as it is lived, understanding is liberating only as long as it is applied. A bulging portfolio of spiritual experiences matters little if it does not have the power to sustain us through the inevitable moments of grief, loss, and change. Knowledge and achievements matter little if we do not yet know how to touch the heart of another and be touched.

We must be wary, however, of being entranced by idealism. Profound love, compassion, sensitivity, and awakening are the possibilities of spirituality that move and attract us. Yet we know that it is easier to love a thousand people in our thoughts than to fully love one person in actuality. It is not difficult to extend boundless acceptance and compassion to those who do not actively challenge us. We acknowledge that it is easy to be armchair philosophers, but then what do we do? Only in the midst of our concrete relationships and day-to-day living can we actually express our wisdom and demonstrate compassion.

We live in undeniable connectedness with all life. Every word we speak, every action we initiate creates a ripple upon this relationship. Understanding this connectedness brings a sacredness to each moment. There is no contact, no perception, no engagement that is inconsequential or insignificant. Each contact is an opportunity for deepening sensitivity and understanding. Our spirituality must touch every area of our lives. We live within our bodies, therefore we are sexual beings, and our sexuality is a vehicle for honoring and respecting the life of all beings. We live in relationship with one another, therefore we are social beings, and every relationship offers us the opportunity to learn how to give and receive with an open heart. We participate consciously or unconsciously in the structures that govern us, and we are political beings by virtue of this participation. Our wisdom empowers us to contribute to the creation of structures that respect the dignity and spirit of all beings. Our spirituality is visible and vital when it embraces every facet of our lives.