

Sunbeams

There is nothing stable in the world; uproar's your only music.

John Keats

All the gods are dead except the god of war.

Eldridge Cleaver

After the earthquake and the fire comes the still, small voice.

Dorothy Thompson

For as long as space endures, and for as long as living beings remain, until then may I, too, abide to dispel the misery of the world.

His Holiness the Dalai Lama

An enormous conflict between words and deeds is prevalent today: everyone talks about freedom, democracy, justice, human rights, about peace and saving the world from nuclear apocalypse; and at the same time, everyone, more or less, consciously or unconsciously, serves those values and ideals only to the extent necessary to serve himself and his "worldly" interests, personal interests, group interests, power interests, property interests, and state or great-power interests. . . . So the power structures apparently have no other choice than to sink deeper into this vicious maelstrom, and contemporary people apparently have no other choice than to wait around until the final inhibition drops away. But who should begin? Who should break this vicious circle? Responsibility cannot be preached but only borne, and the only possible place to begin is with oneself.

Vaclav Havel

The man who thinks only of his own salvation is as good as a coal drawn out of the fire.

James Jones

Love doesn't just sit there, like a stone, it has to be made, like bread, remade all the time, made new.

Ursula Le Guin

I pray for the strength to accept that lives most often end in tragedy, that quests don't always work, that understanding is a long and lonely hunt, that I can't reason my way to love, eat gold, or live forever. And that none of this matters. I pray

to understand that I am here to find my way back to God, whatever that takes, and all the rest, save love and duty, is an illusion.

John Taylor Gatto

Patience is a hard discipline. It is not just waiting until something happens over which we have no control: the arrival of the bus, the end of the rain, the return of a friend, the resolution of a conflict. Patience is not waiting passively until someone else does something. Patience asks us to live the moment to the fullest, to be completely present to the moment, to taste the here and now, to be where we are. When we are impatient, we try to get away from where we are. We behave as if the real thing will happen tomorrow, later, and somewhere else. Let's be patient and trust that the treasure we look for is hidden in the ground on which we stand.

Henri J. M. Nouwen

Erv had a gift for optimism. He believed what he wanted to. Ruth said that if Erv tossed a ball in the air three times, tried to hit it three times with a bat, and three times missed, he would, undisturbed, conclude: *Wow, what a pitcher.*

Steve Fishman

For all your ills I give you laughter.

Rabelais

Spiritual awakening is frequently described as a journey to the top of a mountain. We leave our attachments and our worldliness behind and slowly make our way to the top. At the peak we have transcended all pain. The only problem with this metaphor is that we leave all the others behind. . . . In the process of discovering our true nature, the journey goes down, not up. . . . Instead of transcending the suffering of all creatures, we move toward the turbulence and doubt. . . . We explore the reality and unpredictability of insecurity and pain, and we try not to push it away. If it takes years, if it takes lifetimes, we will let it be as it is. At our own pace, without speed or aggression, we move down and down and down. With us move millions of others, our companions in awakening from fear. At the bottom we discover water, the healing water of compassion. Right down there in the thick of things, we discover the love that will not die.

Pema Chodron

Sunbeams are welcome and may be sent to The Sun, 107 North Roberson Street, Chapel Hill, NC 27516. We're sorry, but we're unable to respond personally to your suggestions.