

The Longest Journey You Will Ever Make?

From your Head to your Heart!

*“Being and Doing
Compassion...A Rebuilding
Process!”*

...Are you a Heart or a Head person?

Isaiah 65:17-25, Luke 21:9-19

November 17, 2019

So, we've spent a lifetime being taught to and practicing living from our heads.

To problem-solve our way through life by better thinking.

Thoughts spinning around in our heads, us spinning around in our lives. Often, lots of drama results...draining our energy!

Drama...thoughts wrapped in emotions.

Our thoughts playing out in life's dramas,
not resolving the real issues in our lives.

So, here it is:

Living from our heads alone is a life journey that often takes us nowhere.

You can't problem-solve your life...not even by thinking harder or better or right thoughts, by knowing doctrine, reading the next, better book, taking the next class, finding a better church or partner or job or family or...

Instead, we are invited to journey from our heads into our courageous compassionate hearts.

That's what helps us move from where we are to where we most deeply desire to be in our lives.

The new scholarship of Crosson and Rohr says Jesus comes... not to problem-solve with us... but, to show us in the flesh how to be in relationship with God and each other.

Jesus models: Be in "right" relationship...a heart thing!

This relationship shows up in life as compassion put into action. Compassion for self and others... from which an action plan of integrity emerges... no matter what the situation.

Like Him, to access your compassion, your courageous heart... especially in the midst of drama or problems: PAUSE!

A patient pause, a holy hush, a moment to remember the subject is not the issue.

In that pause, we set our intention: to be one with God and God's intention for us and for the other...in the same moment.

A second of solitude and silence will speak to you...about how “to be” next...maybe not what to say first but how “to be”...first!

Don't do what Jesus did, or even think like Jesus thought.
Live like Jesus lived.

Slow down enough to access His compassionate heart which is the rose within your own heart...

blooming there since before you were born.

So you are able to respond courageously in the moment.

It will come to you if you give it a chance...
it's God's work to do in you...bringing forth the compassion that lets you see things differently...if you'll give God a chance!

Your worshipful work?

The patient pause, the holy hush.

Trusting God will spill into the moment as you do.

This is the Christian way of Christ.

The Universal Christ energy where everything and everyone belongs and all are respected in the same moment...

and all is held in wisdom and grace...

YOU are the agent, Christ is the Way!

Sssh....

Every moment and situation redeemable.

The journey from head to heart is a path of becoming One with the Eternal Now and all the “ways of being” *that* brings to life!

“Put your head in your heart and stand before God for all time without ceasing.”
(Brother Lawrence)

Sshhh....

(Above reflection Paul Bane, July 2019 and Pastor Karen October 2019)

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Isaiah speaks about our reality and God's promise, a promise which changes our reality...our hearts...if we'll let it!

*The promise touches our hearts with possibilities  
beyond what we could ever think or dream on our own!*

Certainly the captives who returned from Babylon to Jerusalem found a Jerusalem that was nothing like

the Jerusalem they had heard stories about and dreamed about returning to one day.

But then...this is nothing new...for them...or to us.

Sometimes our dreams/hearts' desires and our realities seem to have little to do with each other.

-The child looking forward to being a teenager may be disappointed when he/she gets there.

-The new job ends up not to be so different than the old job.

-Your dream of others pulling together in new ways to accomplish goals together, doesn't play out.

-The marriage may not live up to the dream.

-Many have a highly unrealistic view of retirement, only to be bored to tears when it comes or completely overwhelmed.

Often we are bitterly disappointed...angry even.

Where is that joy and delight Isaiah talks about and we long for... if this is a new creation, where is joy, delight?

Well, sorry! It's still...Jerusalem, Milwaukee.

The promise isn't we'll be done with Jerusalem but that we are able to deal with it/ be in it...very differently! ...in joy and delight.

Ssshhh!

Many get stuck in everyday realities, unable to see how to live newly IN Jerusalem...not able to engage the dream

in the midst of the way things are...or seem to be.  
Not able to live the promise.  
They are unable to see disappointment/ruin as an opportunity  
for self-awareness  
(not speaking of abusive situations here but the ways in which "our lives" usually live  
that crumble beneath us...  
oh that drama!)

They're not able to see life as an opportunity to reclaim the dream in new ways...to live  
into the promise.

Depression and disappointment are real but not "real-er"  
than the promise that can come to fruition with awareness.

Here's the thing:  
Most of us go through a "captivity" period in our lives,  
just like those exiled to Babylon.

Whether we stay there or not is usually a reflection  
of the choices we see.

Some simply chose to stay in Babylon or give up on Jerusalem.

But some chose to rebuild their Jerusalem...they are dreamers!

Those who rebuild, they rebuild stone by stone...  
we would say...moment by moment!

How do they do that...how do they have the patience,  
the courage, the wisdom, the faith

to rebuild their lives and restore the dream/the promise  
to their lives?

How do they live from their hearts?  
Take that pause?

Relationship is key! God, self, and others...remember Jesus' teaching on this?  
Isn't that what we are doing...engaging our God relationship...  
that then allows us to pause and access our compassion, our hearts  
...the ONE heart...God's compassion?

Compassion is a cornerstone in building all relationships!  
It's the result of building relationships! Both!

In rebuilding Jerusalem...our Jerusalems!

It honors what is...first.

Compassion is not afraid of pain;

it remains open and at a lover's pace listens  
for every nuance of what may be the thing most needed now.

**Shows us a way “to be” ...more than it shows what “to do”.**

It allows us to hear the meaning behind the words,

to see meaning reflected in someone's body language,  
in someone's life.

And as we listen...in that patient pause, in that holy hush,  
our souls commune. Relationship builds.

Ssshhh...

Because compassion is an energy that accepts what is,  
we no longer look endlessly for the right thing to do in life...  
how to fix or be fixed as the way through.

Compassion allows us to feel our lives/to go below the surface of things, know what the  
experiences of our life mean to us.

We re-learn our yes and our no,

what we like and do not like, what we want and what we  
do not want. Tolerate and are no longer willing to tolerate.

Compassion supports us to be co-creators of life.

And created is an inner spaciousness from which we do not have  
to escape our lives.

With compassion we attune to our own rhythm, body, and soul.

We get: Graced Do-Overs, Gratitude, Generosity.  
Compassionate and Courageous Hearts.  
Relationship.

And this is important:

If your primary relationship with yourself is not based on a compassion for who you are and who you are becoming...

then relationship with anyone else  
...relationship with even God, is thwarted.

If we go to that inner compassion for ourselves, we will hear  
The Universal power for good...God, saying:

Take heart. You shall not build up your life in vain.  
You shall not be denied the fruits of your labor.  
I am with YOU!  
*Remember the fruits? Not things or positions but qualities  
of really being alive!*

The meaning and value of our life is not be measured by time...  
a day or 100 years....but by our ability stay in relationship,  
to be faithful in the choices we make...

choices made oh so much easier and with oh so much more joy

when made through our compassion, generously offering ourselves to ourselves...and  
to others!

Yep, and when you do...the usual ways of those around you may come tumbling  
down...on you!

Your family and your friends may not know what to do with you when you live  
faithfully, with integrity, with compassion.

You may get yourself in trouble in your work,  
we may get ourselves in trouble in our nation!

**And let's be clear, there is no such thing  
as a good defense when this happens! You know that!**

Words alone will never assuage anyone who does not already begin to understand. Or,  
want to be in relationship.

Only the living of our lives, your life can do that! Show the WAY!

As Christians, the living of our lives is our best offense.  
It makes a WAY for others. Our fruits...for everyone, everyone fed.

Isn't rebuilding our lives about balancing our realities  
**within** God's promise, within our God relationship?

Rebuilding is to embrace a new dream in the midst of what is...through your  
courageous, compassionate heart.

Of course, you'd have to believe...trust, dreams really do come true  
and not just over the rainbow!

But can come true right here in Jerusalem. Milwaukee.

Sssh...

Jesus says: Don't be tempted to put your trust in "dreams" that betray true security, or  
put your faith in false prophets.

Stocks and bonds? Savings accounts and job titles?  
Your minister or in your family members?  
In someone else rescuing you?  
In your own accomplishments and abilities?

Isaiah says put your trust in God's promise  
to be with you in the rebuilding...whatever it takes.

God knows...the ruins of your life. And just the way it is,  
God invites us to balance life differently.

God will make a way out of **no way** - not merely "winning" the game (out-thinking the  
resistance, coming up with a good defense) but changing the game entirely, remaking  
the world, turning it upside down  
- or rather, right-side up!

It may not make sense to your head, but God says:

Build houses, Plant crops, Eat...  
God says go on, live and work!  
**Do!**

**AND**, God says be not afraid, draw water from the wells of salvation...stay sane in the  
midst of the insanity that surrounds you... draw from me, give thanks, sing praises,  
know joy,  
let Me be your strength.

God says: **Be!**

Remember...Joy and Delight...trust...aren't a result of better thinking.

These are the fruits of being in the moment.

Sshhh...

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This life journey we're on is a perpetual rebuilding project...rebuilding ourselves... a way of being who we are.

So much of our sense of being lost or unfulfilled comes from our heads.

Comes from the fact we, with a big push from our modern culture...we fragment our lives into roles and responsibilities

...summing up our selves by tallying what we do...

I am a nurse then I am a father then a husband.  
I'm a church volunteer, a coach, a civic member.

I am what I Do. Do. Do.

Which presents us with the dilemma of competing roles and activities...drama in our heads. Taking us nowhere.

But if we can sit “without knowing”,  
give ourselves that patient pause and stillness,

we can go below the surface of things to experience joy and delight,. Our compassion  
holding all of life, all our roles together!

There is a way to hold all the fragmented parts of life together into one way of Being...a  
courageous and compassionate way to be!

“Being” first... “Doing follows”...

**“Informed Doing” follows “Enlightened Being”.**

To be a human being...is to see yourself (and others) as what you “be” and not what you  
“do”.

This takes a lot of trust in God's value system and power given  
the world of accomplishments we're asked to live in!



You have to trust in God's dream, God's promise, for you, despite the realities that surround you each day.

Ssshhh...

So...

Just BE.

That sounds so easy, but we all know it's hard!

How do you let go of the doing or see it differently...and be who God wants you to be...for your own good?

How?

\*First of all...dream a little dream! Imagine the life God wants for you and build it in your dreams.

\*And then...appreciate the parts of the dream that have already come true for you!  
Give thanks...deeply...each one here is already living  
a part of the dream...let us appreciate it!

\*Hold the dream up to your reality. Begin to align them.

\*Do what you need to do...but Be what you're called to be...first  
and always and this will bring reality into alignment  
with your dreams.

\*Find your right balance in “doing” and “being” as you rebuild the Jerusalem of your life.

Balance...be-do, be-do, be...do-be.....take a pause, be,  
access your heart's energy. First. Be in the Do!

Reorder that familiar refrain. You know it: do be do be do be do.  
From now on...be, do, be, do, be!

-The next time you're stressed out...sing it...

-The next time you want to give up...sing it...

-The next time your kids or your parents get to you...sing it

-The next time someone disappoints you...sing it

-The next time.....sing it

Remember...take a pause so you can balance “be” and “do”.

Remember...the dreams are already coming true.

Let yourself be delighted!

**Remember**...you build the new reality one stone at a time  
right on top of the tumbled ones...build...

one dream come true at a time.....  
one compassionate moment at a time...sing it.

Be and Do. Do and Be.

Hmmnn...if I hum this tune first...

before I react/try to problem solve my way through life...  
then...

Just maybe, I can!

I can travel from my head to my heart!

“Elizabeth Barrett Browning reminded us: "Earth's crammed with heaven, / And every  
common bush afire with God, / But only he who sees takes off his shoes; The rest sit  
round and pluck blackberries.”

SSHHHH...