

Mid-week Reflection - 29 April 2020

Impermanence – Michael Murray



My dear Parishioners and Friends,

Friends of mine, Paul and Pauline operate a Meditation and Retreat Centre in the beautiful town of Dunkeld which lies at the southerly end of Gariwerd (Grampians) under Mount Abrupt. The Centre is unique in that it offers meditation and retreats using a combined Buddhist / Christian approach and techniques. Paul is an ordained Uniting Church minister as well as a Zen Buddhist Master.

In their April newsletter they reflect on their experiences, time and the people they have met through the Centre as they prepare to sell up and move closer to family. The content and focus of the newsletter relates strongly to the Buddhist insight (as well as the Christian understanding) of impermanence and movement associated with this earthly life.

It made me think about the reality check that we are currently engaging with through the COVID-19 virus. How quickly we have learnt the lesson that nothing is permanent, lasting and ours to possess for a lifetime. Not our homes, jobs, incomes, superannuation or health. All of these can be taken from us in the blink of an eye. Attachment is questionable and loss can result in disappointment, anger, frustration and fear. The process of relinquishing and letting go can also lead to the releasing and unbinding of ourselves.

This newsletter is one of positive hope for it reminds us that impermanence offers us new opportunities. Accepting impermanence might be the most freeing of all processes in helping us to truly embrace and enjoy life's journey. Yes, one day we will emerge from our homes with new perspectives, values and understandings with which to transform our world. Can we prepare to take on this challenge whilst we are locked away in isolation? What is your vision of a new beginning? What changes would you like to see happen and how do you envisage your future life once this time has passed?

Michael Murray.

Pastoral Life Coordinator

