

Timeless religion

The ceremonies, rites and rituals of Buddhist religious convention are something that can always remain the same. They are therefore something we can turn to no matter what situation or state of mind we may be in. This can make them a tremendously powerful stabilising force in the mind. They are something we can gather together around as a group or something that we can gather our own minds around. We use them to raise up the potentially stable aspects of the mind and heart. This is not seeking consolation or false hope in something outside of us, they are not an act of weakness or fear. They carry our aspirations for perfection, for liberation forward even when we can see nothing of our goal. They keep us moving forward, even in the dark. Skilfully undertaken they are acts of great courage, of great faith.

I offer this for your reflection.

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