

A Story For All Ages

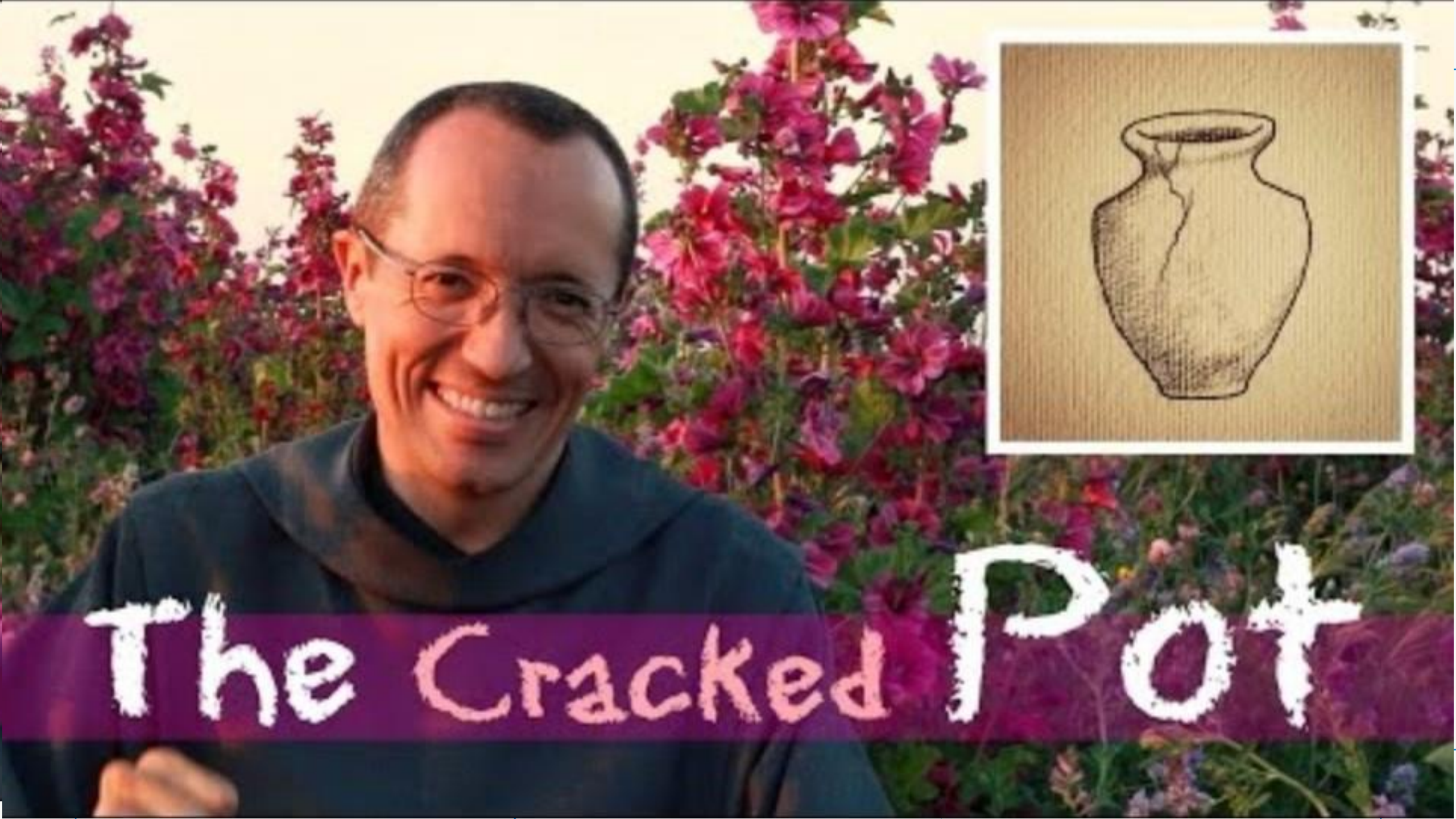
The Cracked Pot

A story about perfection

As told by Friar News

of St. Anthony's High School

YouTube channel: A Minute With A Monk



The Cracked Pot

"If every 8 year old in the world
is taught meditation, we will
eliminate violence from the world
within one generation."

- Dalai Lama



This Little Light of Mine
arr. by Steve Johnston
www.OnlineLessonVideos.com

Let's sing!

This Little Light of Mine (p. 118)



Cynthia Occelli

For a seed to achieve
its greatest
expression,
it must come
completely undone.
The shell cracks,
its insides come out
and
**EVERYTHING
CHANGES.**
To someone who
doesn't understand
GROWTH,
it would look like
complete
DESTRUCTION.

Abundance flows from you,
And waters the path.
Thank you for the gift
Of your presence.

Breaking Bread
Written by
Randy L. George
Sung by Johnny Cash



Donna Pirnat

DonnaPirnat.com

Our Beautiful Broken-ness



The
Parable
of
Two
Flower
Vases



Expansion by Paige Bradley

PaigeBradly.com/blog

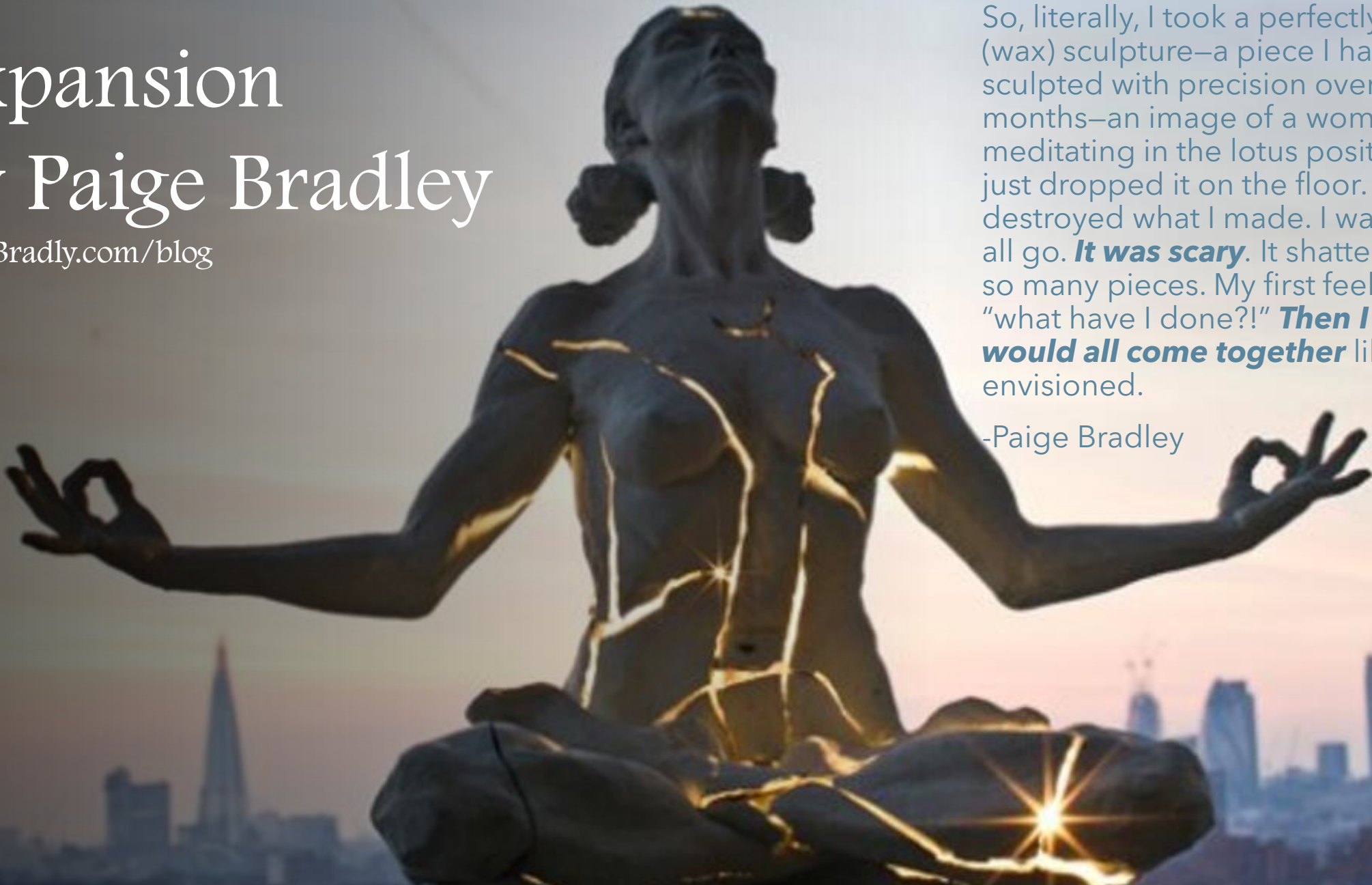
"The art world was telling me I had **to break down my foundation**, let my walls **crumble**, expose myself completely, and from there I will find the **true essence** of what I needed to say."

-Paige Bradley



Expansion by Paige Bradley

PaigeBradly.com/blog



So, literally, I took a perfectly good (wax) sculpture—a piece I had sculpted with precision over several months—an image of a woman meditating in the lotus position, and just dropped it on the floor. I destroyed what I made. I was letting it all go. **It was scary.** It shattered into so many pieces. My first feeling was, “what have I done?!” **Then I trusted it would all come together** like I envisioned.

-Paige Bradley



Kintsugi

[金継ぎ]

(Japanese) “to repair with gold”; the art of repairing pottery with gold lacquer and understanding that the piece is more beautiful for having been broken.



More unique, strong, and beautiful.



A photograph of a 1950 Chevrolet truck that has been left outdoors for a long time. The truck is covered in thick, orange-brown rust, with some green moss growing on its roof and hood. It is surrounded by a dense thicket of trees and fallen leaves, suggesting a rural or wooded setting. The lighting is natural, highlighting the textures of the rust and the surrounding foliage.

Wabi~Sabi

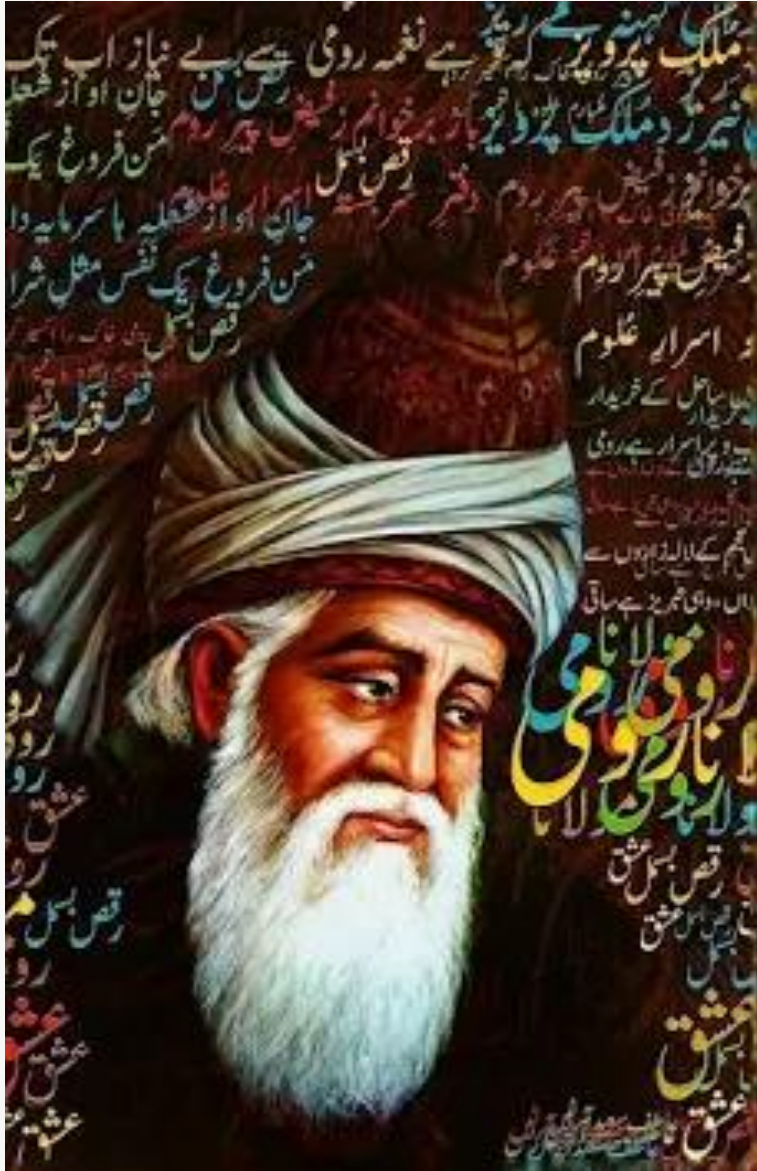
The beauty of rust and age.

This old 1950 Chevy truck is rusting away just off a street in Gonzales, La.

The Bowl of Light

"Don't you carry stones
In your Bowl of Light."
--Trevor Hall, *Bowl of Light*





Stay With It.

*“I said: what about my eyes?
He said: Keep them on the road.*

*I said: What about my passion?
He said: Keep it burning.*

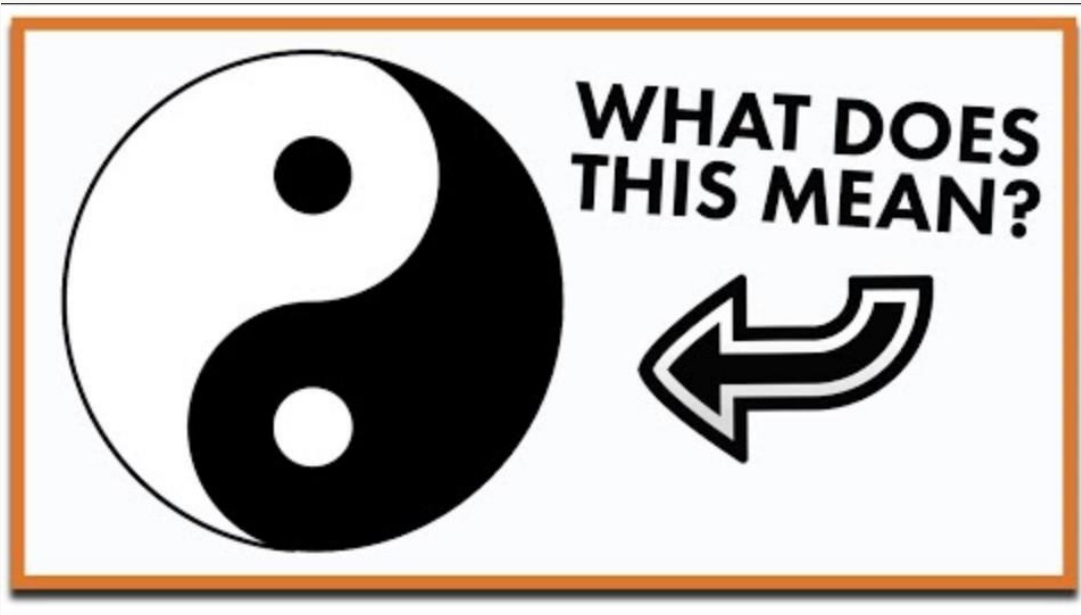
*I said: What about my heart?
He said: Tell me what you hold inside
it?*

*I said: Pain and sorrow.
He said: **Stay with it.***

***The wound is the place where
the Light enters you.”***

-RUMI

Valuing the Dark As Well As the Light





**Life is not a journey to the
grave
with the intention of arriving
safely
in a pretty and well-preserved
body,
but rather to skid in
broadside,
thoroughly used up,
totally worn out,
and loudly proclaiming –
WOW! -- What A Ride!**

~ Erma Bombeck

More, As You Like.

There's so much more I wanted to share, and so little time.
So, I put it here. That way, you can go deeper if you like.
I have included lyrics to songs in the notes section.
Unfortunately, if you try to scroll the lyrics while you listen,
It will stop the video. But I prefer to watch the artists, so, yeah.
I hope you find something interesting here.
And I hope you practice breaking open to love,
And not closing to it.

Broken and Beautiful

written by Pink, performed by Kelly Clarkson



Bowl of Light

written and performed by Trevor Hall

with his commentary on the inspiration and story behind the song.



You Can't Rush Your Healing

Song by Trevor Hall



Fix You by Coldplay



Broken

by Seether, featuring Amy Lee



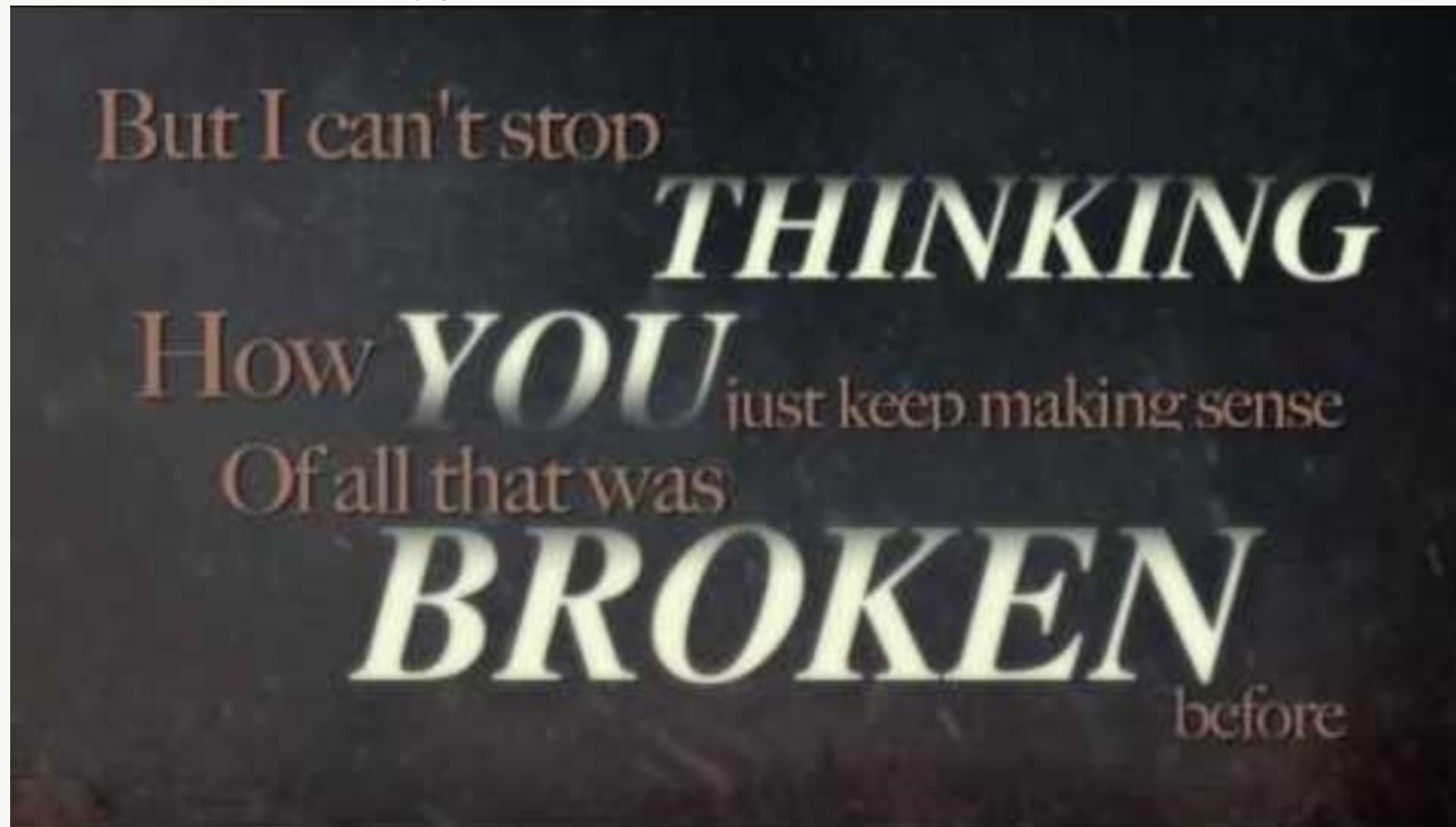
I Fall To Pieces

Patsy Cline



Not Broken Anymore

by Justin Furstenfeld and Blue October



She Used To Be Mine
Sara Bareilles



Crazywise Full Documentary (2014, 79 mins)

C R A Z Y W I S E

If you want to watch full-screen, click on Youtube bottom right, and choose full screen bottom right.

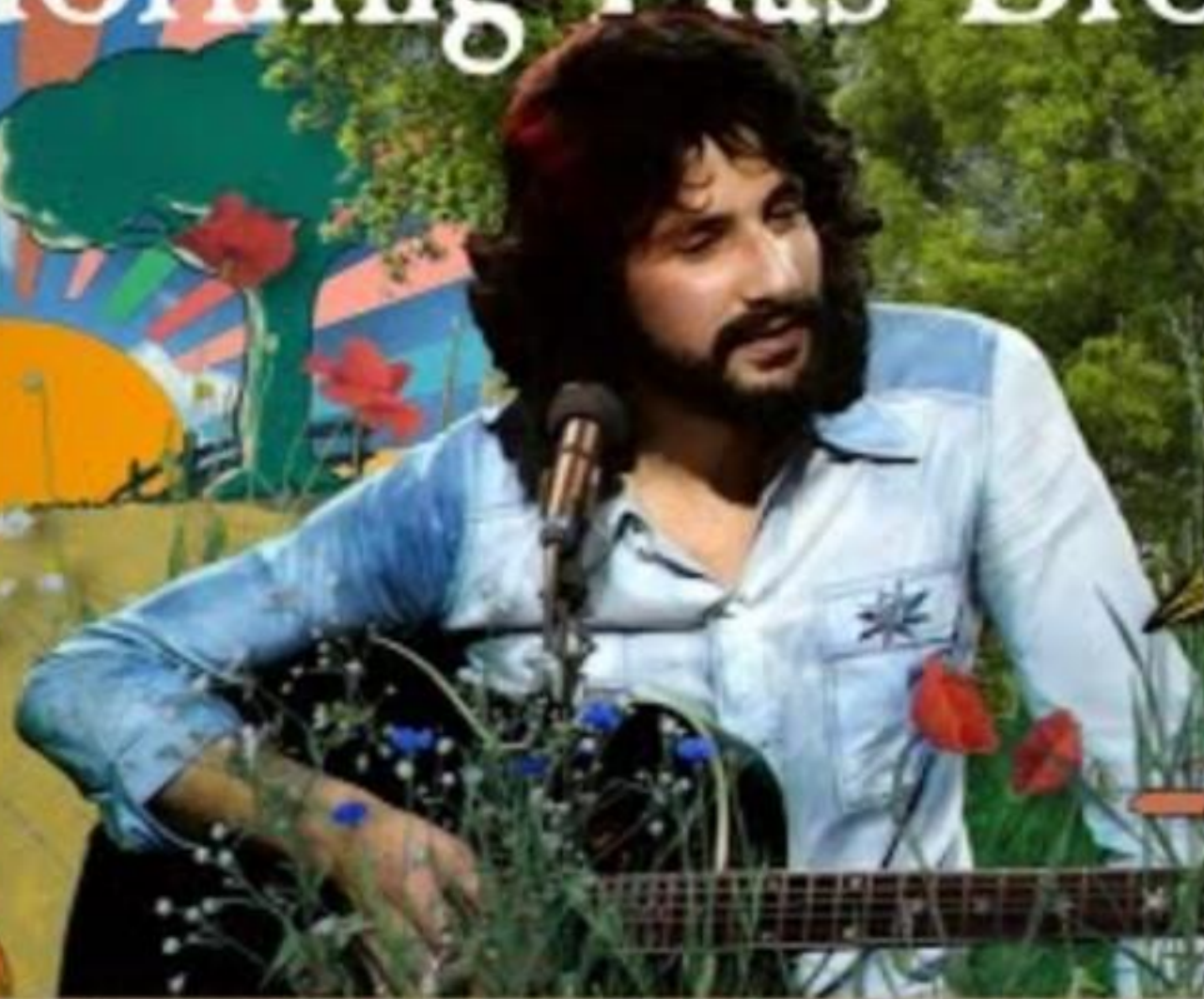
Tantra Healer
a film by Jeffrey M. Geis





Hymn: Morning Has
Broken (p.38)

Morning Has Broken



from
ic
you can live



Please share
your thoughts

Illumination half-life
By Paige Bradley

Other musings that didn't
make the cut!





Broken Mirrors and Bad Luck?



Valentine's Day Meditation

Spend a few quiet moments alone.
Feel into the ways love has broken you open.
Where are you still feeling tightness and scarring?
Send unconditional love and compassion to those places.
Can you feel into the contracted areas, and invite them to expand?
Can you dump some rocks of anger and resentment, and
Replace them with the light of forgiveness?
Say to yourself the prayer of Ho'ō Pono Pono:
"I'm sorry. Please forgive me. Thank you. I love you."
That about covers it. Thank you for taking care of yourself.

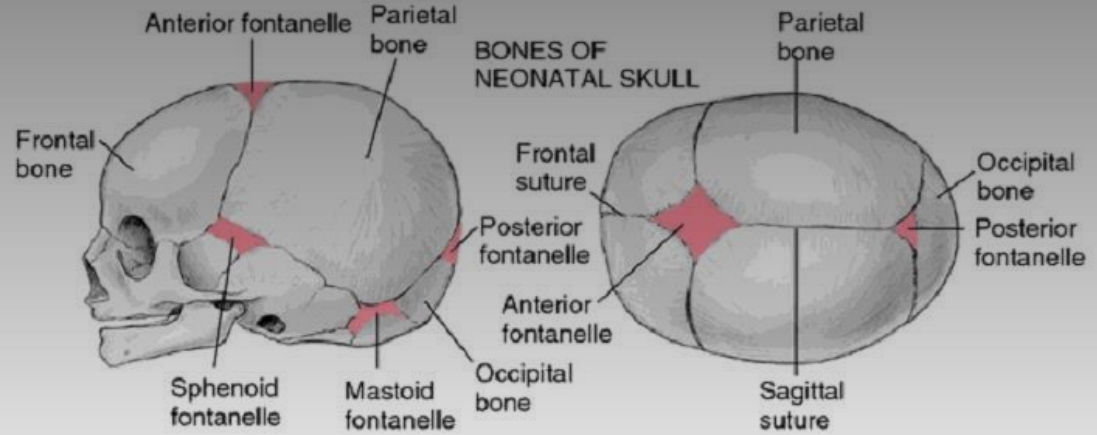
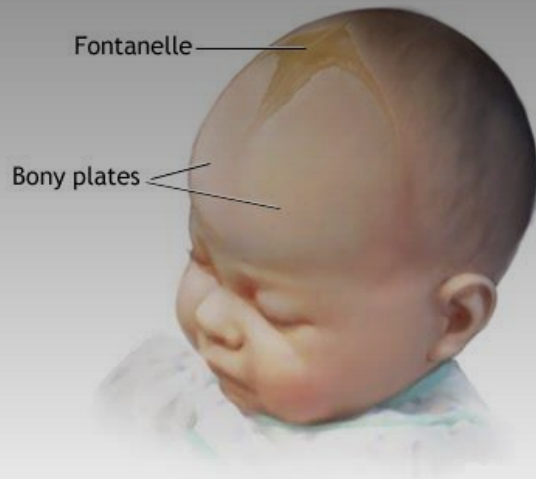
The Wabi- Sabi of The Velveteen Rabbit

The Velveteen Rabbit

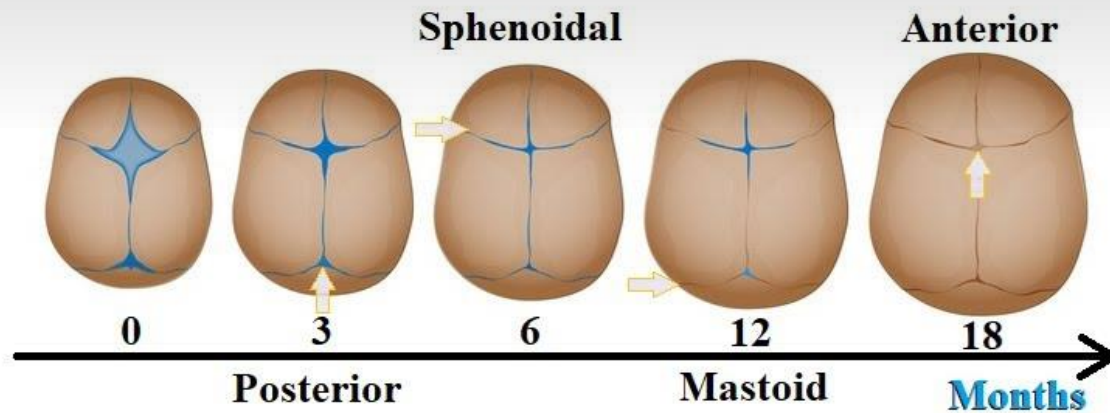
“You become. It takes a long time. That’s why it doesn’t happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in your joints and very shabby. But these things don’t matter at all, because once you are Real you can’t be ugly, except to people who don’t understand.”

by Margery Williams

The Cracks We Are Born With



Fontanelle



The Cracks
We Are Born
With

