

One of my favorite pieces...this is "*The Invitation*" by Oriah Mountain Dreamer

from her book *The Invitation* (c) 1999. Published by HarperONE, San Francisco. All rights reserved. Printed with permission of the author. [www.oriah.org](http://www.oriah.org)

## **The Invitation by Oriah Mountain Dreamer**

It doesn't interest me what you do for a living.  
I want to know what you ache for  
and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.  
I want to know if you will risk looking like a fool  
for love  
for your dream  
for the adventure of being alive.

It doesn't interest me what planets are squaring your moon...  
I want to know if you have touched the centre of your own sorrow  
if you have been opened by life's betrayals  
or have become shriveled and closed  
from fear of further pain.

I want to know if you can sit with pain  
mine or your own  
without moving to hide it  
or fade it  
or fix it.

I want to know if you can be with joy  
mine or your own  
if you can dance with wildness  
and let the ecstasy fill you to the tips of your fingers and toes  
without cautioning us  
to be careful  
to be realistic  
to remember the limitations of being human.

It doesn't interest me if the story you are telling me  
is true.  
I want to know if you can  
disappoint another  
to be true to yourself.  
If you can bear the accusation of betrayal  
and not betray your own soul.  
If you can be faithless  
and therefore trustworthy.

I want to know if you can see Beauty  
even when it is not pretty  
every day.  
And if you can source your own life  
from its presence.

I want to know if you can live with failure  
yours and mine  
and still stand at the edge of the lake  
and shout to the silver of the full moon,  
“Yes.”

It doesn't interest me  
to know where you live or how much money you have.  
I want to know if you can get up  
after the night of grief and despair  
weary and bruised to the bone  
and do what needs to be done  
to feed the children.

It doesn't interest me who you know  
or how you came to be here.  
I want to know if you will stand  
in the centre of the fire  
with me  
and not shrink back.

It doesn't interest me where or what or with whom  
you have studied.  
I want to know what sustains you  
from the inside  
when all else falls away.

I want to know if you can be alone  
with yourself  
and if you truly like the company you keep  
in the empty moments.

## More Wisdom from Eckhart Tolle

What is this change of consciousness that Tolle talks about? It results in an awareness of one's connection with every other living thing. To move toward this spiritual goal, we let go of the "ego," that part of ourselves that is reliant on manifestations of the mind.

To be in the "ego," he says, is to be unaware, unconscious. When we relinquish the ego, we give up the identification and obsession with THINGS. We can value and care for nice things, but attachment to those things leads to obsession. The ego is never fulfilled. It always craves more...thus obsession and even addiction to things follows.

When we become a watcher, an observer of the ego, we begin to go beyond it. It is the beginning of that path toward consciousness and awareness.

"Making yourself right and others wrong is one of the principal patterns the ego takes," Tolle says. When you're absorbed in thoughts (mind activity) and associated feelings, then you're in the hold of the ego.

The ego expresses itself in:

- complaining
- name-calling
- resenting and holding grievances
- reactivity to others' drama
- superiority
- taking things personally
- seeking out drama
- name-dropping or one-upping
- playing roles
- holding a hidden agenda

and many other patterns that we all inadvertently employ to protect ourselves from what we imagine will hurt us. Any of those sound familiar to you or people you interact with?