

## From 7,000 Ways to Listen ~ Mark Nepo

It seems our capacity to withstand the tension of opposites is key to entering paradox.

And the key to that, is becoming comfortable with the space of not knowing

Understandably, most of us are uncomfortable when things are left undefined

When things are not clearly to or fro, up or down, left or right, or right or wrong.

But the deeper truths always take time to reach us

And it is our job to enter a practice of waiting openly

Which involves enduring the tensions of not knowing

This requires a crucial, on-going effort,

Not to prematurely name or define what we encounter in life

The truths that matter require us to not to form opinions or beliefs hastily

On the contrary, we are asked to allow time to surround us with the wholeness of life

To take the time required for the paradox of truth to show itself

All the traditions confirm that paradox is not the end, but the beginning

It is the threshold of transformation

When we can lean into the realm in which all things are true and stay there,  
however briefly,

We find ourselves in the midst of that higher truth in which

It is always day or night somewhere in the world

It is not enough just to see the paradox, we somehow need to inhabit it  
And even embrace it

Despite efforts to resist this not knowing, we ourselves move into an alarming  
but ultimately beautiful surrender to the experience of paradox

And being in relationship with paradox is what leads us into transformation