

SUNLIGHT ON SHADOWS: Embracing Great Compassion

Meditation 17

Impermanence

Can you think of anything you've ever known in your outer environment that hasn't changed?

Observe how frequently you assume that things will remain the same. Are you surprised when they don't? Is that surprise a cause of sorrow, disappointment, or happiness in the short or long term?

Is there any aspect of your experience of yourself that hasn't ever changed? Do you assume it won't? Do you indulge hope and fear in relation to assumptions about your personal experience remaining the same?

Do you have relationships of any kind that haven't changed in some way? Do you have hope and/or fear that they will or won't change, and do you suffer as a result?