



Only Passing Through, by Jack Kornfield

Letting go and moving through life from one change to another brings the maturing of our spiritual being. In the end we discover that to love and let go can be the same thing. Both ways do not seek to possess. Both allow us to tough each moment of this changing life and allow us to be there fully for whatever arises next. There is an old story of a famous rabbi living in Europe who was visited one day by a man who had traveled by ship from New York to see him. The man came to

the great rabbi's dwelling, a large house on a street in a European city, and was directed to the rabbi's room, which was in the attic. He entered to find the master living in a room with a bed, a chair, and a few books. The man had expected much more. After greetings, he asked,

"Rabbi, where are your things?" The rabbi asked in return, "Well, where are yours?" His visitor replied, "But, Rabbi, I'm only passing through," and the master answered, "So am I, So am I." To love fully and live well requires us to recognize that we do not possess or own anything -- our homes, our cars, our loved ones, not even our own body. Spiritual joy and wisdom do not come through possession but rather through our capacity to open, to love more fully, and to move and be free in life. This is not a lesson to be put off. One great teacher explained it this way: "The trouble with you is that you think you have time." We don't know how much time we have. What would it be

like to live with the knowledge that this may be our last year, our last week, our last day? In light of this question, we can choose a path with heart. --Jack Kornfield, in *_Path With Heart_*