



## ***CFC Newsletter***



*Photo - Annie Dundon*

### **Self and Selflessness In These Times**

A dear friend recently told me that she grew up believing the right way to live was to be selfish. She even chose not to have children, so she didn't have to put someone else's needs ahead of hers. With tears she added, "Imagine my shock, learning that the greatest happiness there is in life is letting go of my self-centeredness to care for others."

In agreement with my friend's understanding, an 8<sup>th</sup> century sage, Shantideva, said: "All the suffering in the world comes from seeking pleasure for oneself. All the happiness in the world comes from seeking pleasure for others."

What are these words saying? We have thought that putting ourselves first will bring us happiness, but in fact it's the opposite. Exploring what it is to be human involves looking at the ways we are self-centered.

As an acupuncturist, I was travelling an hour each way to treat a patient who was dying of cancer. Before every visit, my stomach would tighten with resistance. I did not want to go. Yet every single time, I would feel my heart release as I sat with her. I felt deep gratitude to be able to support her journey.

Our instinct is one of self-protection. When there is fear, there is tightening, constriction in the body as we focus on our own safety and happiness. We draw in, wall others out.

Certainly, there is an aspect of self-care that is quite healthy. There are situations in which we must take care of our own needs before we think of others. But there can be imbalance. Our fear can drive us to forget the ways we are all connected, the ways we are all the same. We all want to be happy. We all want to love and to be loved. When we remember this, the tension between selfishness and serving others dissolves. We naturally flow into generosity.

This time of pandemic demands this. We need each other.

Children, Families & Communities emerged from a vision of service and generosity. We are all so fortunate to be part of this organization that represents our highest ideals. - Vicki Pollard, Board Member



*"The Gateway" by Greer Jonas*

## ENERGY

In Presence in Healing we learn about the body—not only as a physical form but also our emotional, mental, spiritual and energetic aspects. In fact, we are fundamentally made of energy, which in its densest form is physical structure.

Wellness is a reflection of the normal unimpeded flow of energy through the body. This presents the challenge - how do we allow all

aspects of ourselves to agree that the “energy body” is as real as the physical body? During the past few months Presence in Healing practitioners have been offering virtual sessions, giving us more opportunities to explore this relationship.

For a moment bring your awareness to your hands as they are resting in your lap. If you don't feel energy in your hands, then rub them together quickly for a bit and relax. The friction develops more surface energy. Imagine your hands surrounded by energy and perhaps the flow of energy in your hands and forearms. Then ask yourself the question, “What if this is as real as my physical structure? What does this mean to me?”

As you somatically feel the energy in and around your body, you slowly become more aware of the “reality” of subtle energy.



*Photo: Linda Deming*

## **Summer Grace Retreat - How will we come together?**

We are continuing to look at nourishing ways for a small group to come together while feeling safe and comfortable. The summer Grace Retreat brings us directly to the question, "How do we know

we're safe?". To explore this we are currently envisioning several events over several days.

**Tuesday, August 18** we are looking at offering a virtual class, possibly with one of the Presence in Healing instructors from CA

**Wednesday August 19** we plan to gather in person, exploring our question through conversation and movement, supported by nature. All the details are yet to unfold but we will be somewhere on Mt. Desert Island. If this appeals to you be sure to **save the date**

**Thursday August 20** Sara and Faith will be available for follow-up conversations and sessions.

We will be sending out more information in the next month. In the meantime we'd love to hear from any of you who are interested in these offerings.

Email us at [yourcfccommunity@gmail.com](mailto:yourcfccommunity@gmail.com)

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