

**Prospective Immigrants
Please Note**

*Either you will
go through this door
or you will not go through.*

*If you go through
there is always the risk
of remembering your name.*

*Things look at you doubly
and you must look back
and let them happen*

*If you do not go through
it is possible
to live worthily*

*to maintain your attitudes
to hold your position
to die bravely*

- *but much will blind
you,*
- *much will evade
you,
at what cost who
knows?*

*The door itself
makes no promises
It is only a door.*

Adrienne Rich

Mindfulness

by Jon Kabat-Zinn, *Wherever You Go, There You Are*

“In essence, mindfulness is about wakefulness. Our minds are such that we are often more asleep than awake to the unique beauty and possibilities of each present moment as it unfolds. While it is the nature of our mind to go on automatic pilot and lose touch with the only time we actually have to live, to grow, to feel, to love, to learn, to give shape to things, to heal, our mind also holds the deep innate capacity to help us awaken to our moments and use them to advantage for ourselves, for others, and for the world we inhabit. Just as a garden requires attending to if we hope to cultivate flowers and not have it be overrun with weeds, mindfulness also requires regular cultivating. We call the cultivating, of our own mind to bring it wakefulness, meditation. The beauty of it is that we carry this garden with us, wherever we go, wherever we are.”

