

Exploring Value —Attention – Loving
(Excerpt from an Inquiry dated June 4, 2021)

Everything that is valuable in the human realm takes time. This was a quote from Iain McGilchrist on the Age of Wonder - The Singularity Debate, Mar 30, 2014.

Value. Over two decades ago, someone who I've grown to love as a sister, told me words similar to these: "You don't need to do anything to be valued. Value is intrinsic to your being. You are value." It was as if she was speaking another language from another world. I had no idea what she was talking about. The only way I was familiar with Value was through doing whatever I did well so that I and others would value what I did and thereby value me. Seven years later, while Dave and I were on a road trip through the Red Rock Country -- Arizona and Utah – I had what I've called a mystical experience. While my attention was on the beautiful red rock landscape that Dave was driving us through, I saw/felt the beauty directly with an immediacy that was profound. I realized then that these rock formations did not need to do anything to be valued for what they are. I knew in a moment that I was recognizing the truth that I too did not need to do anything to be valued. I was value itself. I knew it down to my bones, to every cell of my being. The Red Rocks were Value Itself, being Value Itself without doing anything.

Attention -- Loving. I find that whatever I give my undivided attention to is valuing and I feel it's indistinguishable to the felt sense of loving. Value is Being. Being is Love. I AM that. And in Being That, Being who and what I AM, is Valuing and is Loving. No separation. Noun and verb.

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A Lovely View from my Home Office Doorway in 2015