

From Where I Sit: Ponderings from Rev. Cindy Garis

Technology and the demands placed on us to multi-task seem to pull us away from our center. I recently heard of the Wisdom 2.0 conference, the purpose of which was to explore “how we can live mindfully amidst fast-paced streams of information and technologies that are becoming the daily reality for many people.”
(Preview some of their key points at www.oasismin.blogspot.com)



When we talk about living mindfully, I cannot help to think of what Oasis brings to the table.

Two definitions for the word 'oasis' are:

1. a small fertile or green area in a desert region, usually having a spring or well.
2. something serving as a refuge, relief, or pleasant change from what is usual, annoying, difficult, etc.

Additionally, I understand an oasis to be something that is truly present, it's not a mirage, in a place where it is not supposed to be.

This is Oasis, with a capital 'O'!

Oasis offers

- * **shade from the heat** - when you require respite, here is contemplative community along with silent, sacred space.
- * **springs of water**, refreshment for thirsting souls - through our trainings, our gatherings, our resourcing, new-life is given to your spirit's parched places
- * **transformational transitions** - an oasis is not a destination, it is a stopping point for renewal - here in the practices of presence and mindfulness you come to a greater awareness of the profound inward journey that invites/calls/woos you to reach out in compassion and service in Love.

I know that you will find offerings in the 2010-2011 year that will be an Oasis for you.

PS. I would like to hear how you remain mindful in this technological age. Please email me at cindygaris@oasismin.org

If you receive our nearly-weekly e-newsletter, then I hope you have caught a glimpse of my passion for Oasis. (if you do not receive the e-news, you can sign up on our website and see archives of previous mailings.)