

## IGNOTUM PER IGNOTIUS : TO NAME THE UNKNOWN BY THE MORE UNKNOWN

Zen is not the life of an individual, it's the universe that's breathing. That you carry yourself forward and experience the myriad things is delusion. That the myriad things come forward and experience themselves is awakening.

- Zen master, Dogan

Do you know that even when you look at a tree and say, 'That is an oak tree', or 'that is a banyan tree', the naming of the tree, which is botanical knowledge, has so conditioned your mind that the word comes between you and actually seeing the tree? To come in contact with the tree you have to put your hand on it and the word will not help you to touch it.

- Jiddu Krishnamurti, Freedom from the Known

Put your ear down close to your soul and listen hard.

- Anne Sexton

Poetry is the practice of paying attention.

- Ellen Bass

Listening is the path to intimacy. The practice of intimate listening reveals the interrelationship between all aspects of perception: thought, feeling, sensation, intuition and spirit. Listening is a way to go beyond the rational, chattering, divisive mind and feel the language of connectedness between all things. Practicing this kind of deep listening helps your choice of words to be fresh and original.

- John Fox, Poetic Medicine

For it is not necessary to strut about like a conqueror and want to give a name to things, to everything; it is they who will tell you who they are, if you listen, yielding like a lover ... Everything is only revelation; there can only be re-velation. But revelation comes from the Spirit, and there is no knowledge of the Spirit.

- Henry Corbin, *Theology at the Lakeside*

**Does your prayer have roots?  
Does your story have fur?  
Does your metaphor have an ecosystem?  
Is your philosophy edible?  
What does your God smell like?**

**- Sophie Strand**

**Theology By The Lakeside**

- Henry Corbin

Everything is only revelation; there can only be re-velation. But revelation comes from the Spirit, and there is no knowledge of the Spirit.

It will soon be dusk, but for now the clouds are still clear, the pines are not yet darkened, for the lake brightens them into transparency. And everything is green with a green that would be richer than if pulling all the organ stops in recital. It must be heard seated, very close to the Earth, arms crossed, eyes closed, pretending to sleep.

For it is not necessary to strut about like a conqueror and want to give a name to things, to everything; it is they who will tell you who they are, if you listen, yielding like a lover; for suddenly for you, in the untroubled peace of this forest of the North, the Earth has come to Thou, visible as an Angel that would perhaps be a woman, and in this apparition, this greatly green and thronging solitude, yes, the Angel too is robed in green, the green of dusk, of silence and of truth. Then there is within you all the sweetness present in surrender to an embrace that triumphs over you...

## Qualities of Listening

1. Being present
2. Paying attention with all of our senses
3. Non-judgmental attitude
4. Asking with curiosity – tell me more about that
5. Sensitivity towards self and others
6. Openness

## from : What Use is Knowing Anything if No One is Around

- Kaveh Akbar

What use is knowing anything if no one is around  
to watch you know it? Plants reinvent sugar daily  
and hardly anyone applauds...

The spirit lives in between  
the parts of a name. It is vulnerable only to silence  
and forgetting...

The dream, then: to erupt  
into a sturdier form, like a wild lotus bursting into  
its tantrum of blades.