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What you're
looking at:

Several images created with
oil paint, pencil, and pen
on tracing paper and vellum
layered together in different
ways and then photographed
with various sources and levels
of light.

we often resist change, but seek transformation.
the idea of transformation seems to hold spiritual weight. It makes us feel as if we've "been made new."
while the idea of change feels like work.
One is a gift and one is effort.. But is this true?
Aren't they actually the same thing?

To be transformed is to be changed.

Transformation is what you feel and notice after

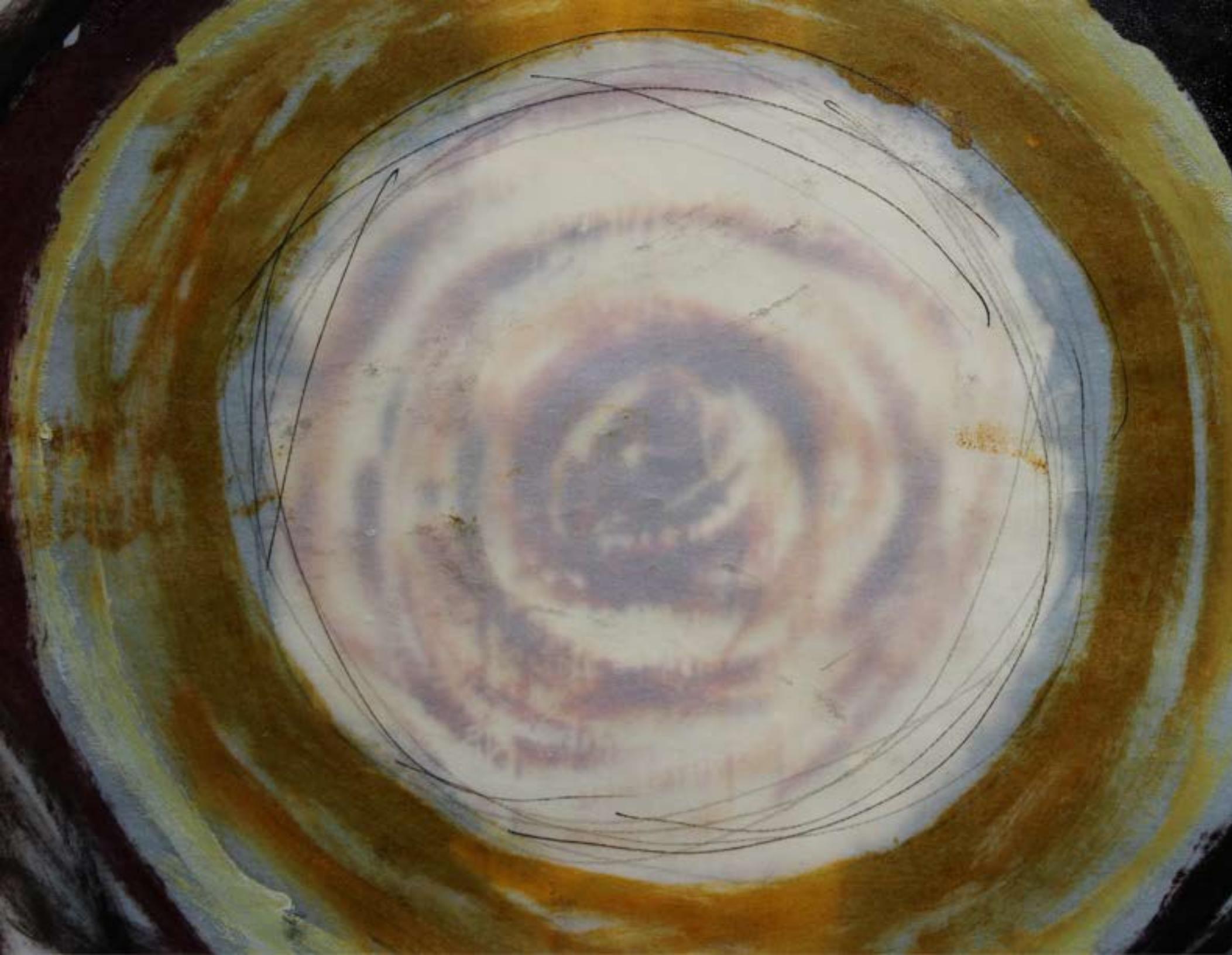
Putting forth a great deal of effort toward change.

Transformation is what you name the realization
that you are different.

of course, you'll be transformed with or without your effort.

Everything and everyone is changing moment to moment.

Transformation is always happening whether you mean for it to be or not. You can't stop change. This is the nature of our reality. So put forth effort. Bring intention to the direction of change in your life.



an important goal of yoga
is to still the constant
movement of the mind.
when this is achieved, you
are able to rest in your
true nature. (most of the
time you're lost or absorbed
in the movement of the
mind. you don't remember
your true nature.)

the movement of the mind is
brought to stillness through
practice and nonreaction (or detachment.)

practice is the effort put forth
to concentrate the mind and to
remain in a state of concentration.

nonreaction is a state of being
where attachments and aversions
no longer arise. when nonreaction
is achieved, you are able to
remember your true nature. You no
longer misidentify with the
constant movement of the mind.

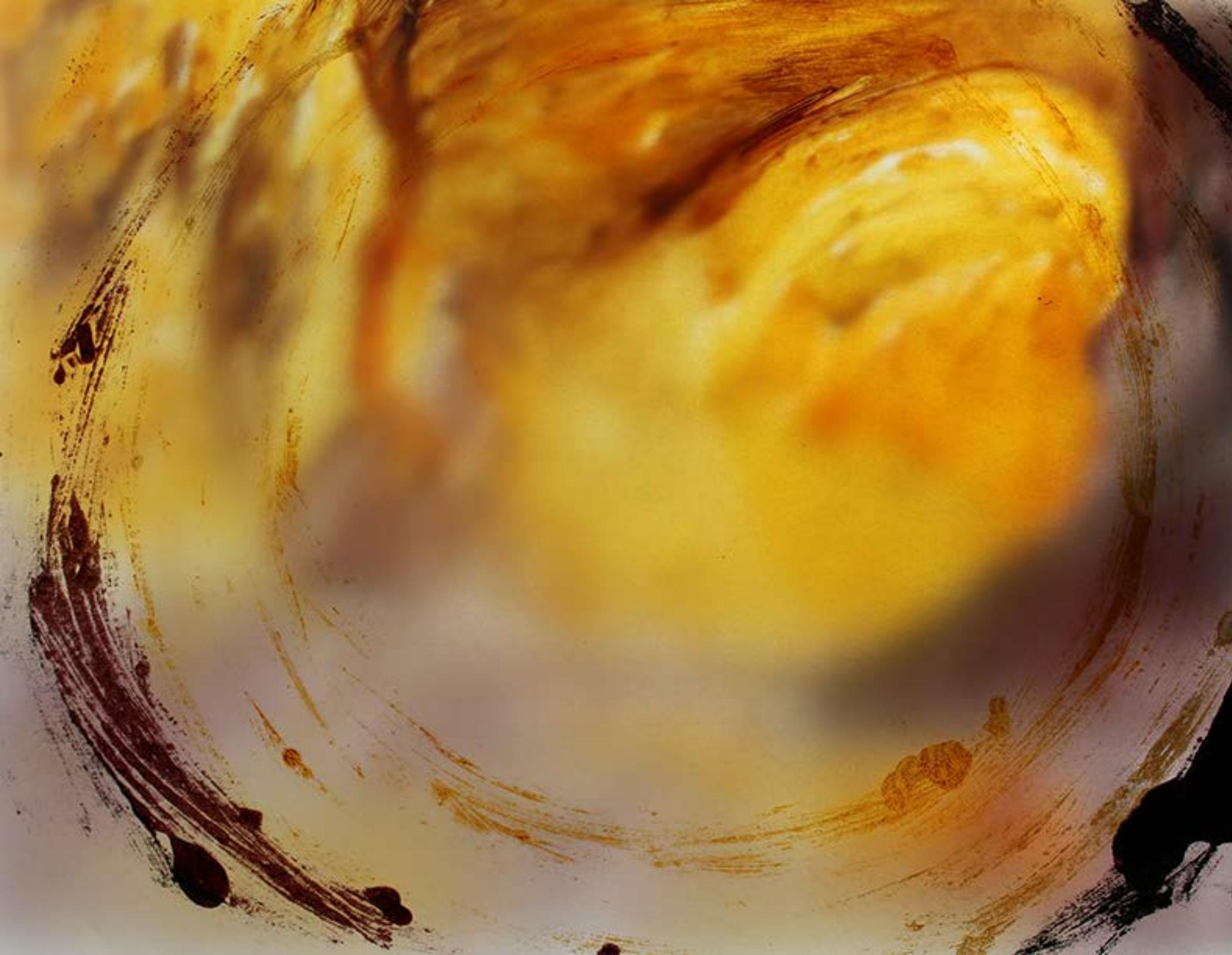
practice requires discipline, self-study,
and surrender. through these actions you
weaken the things that keep you
from establishing yourself in stillness.

through your effort you begin
to clear the veil of misapprehension
that keeps you ignorant of
your true nature.

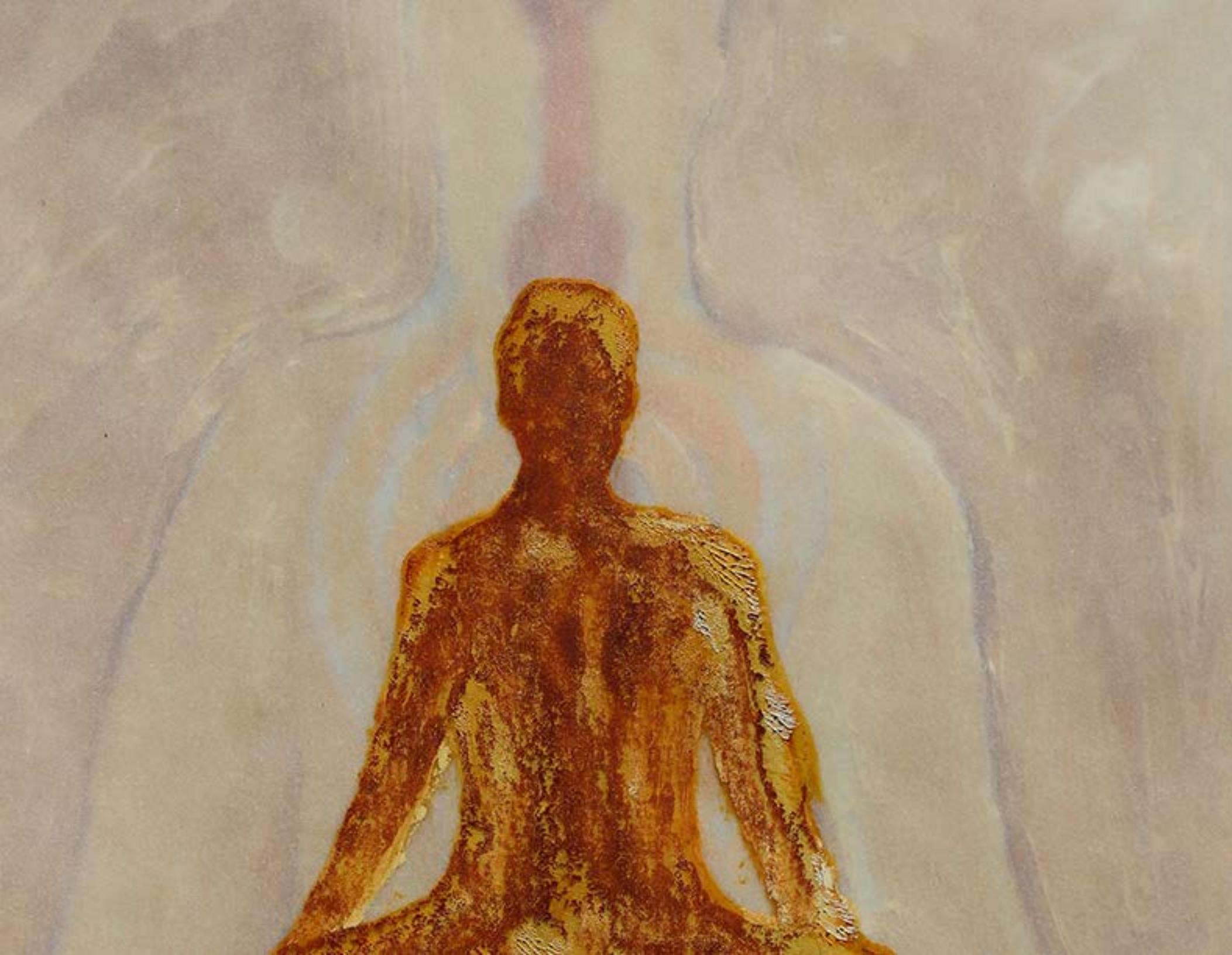
When this veil is thick you take yourself to BE the
ever changing movements of your mind. you remain stuck
in misidentification. and in this small understanding of
yourself you become attached to your memories of pleasure
and averse to your memories of pain. your decisions and
actions are based on the constant push and pull between
these attachments and aversions. and, of course, on your
fear of death. which is the fear of losing the self
you've built through the movements of the mind.

these impediments (ignorance, false sense of self,
attachment, aversion, and fear of death) are
weakened through meditation.





the cave of the heart
is not your heart.
It can't be found
on an x-ray. It can't
be dissected. It
exists in awareness
and as awareness.
It is a space within.
A space that's always
been there. Redirect
your senses. Redirect
inward. Listen inward.
Feel inward. Let your
awareness settle in
the center of your
body, just above the
solar plexus. Let your
awareness settle within
the cave of your heart.
It may open up as
a space of light or
as a space of trees.
It may be dark and
silent or filled and
with the image and sound
of waves. Or . . .
The cave of the heart
is the internal altar.
It is a space where you
can rest in stillness.
A space where you
can dis-cover your
true nature.

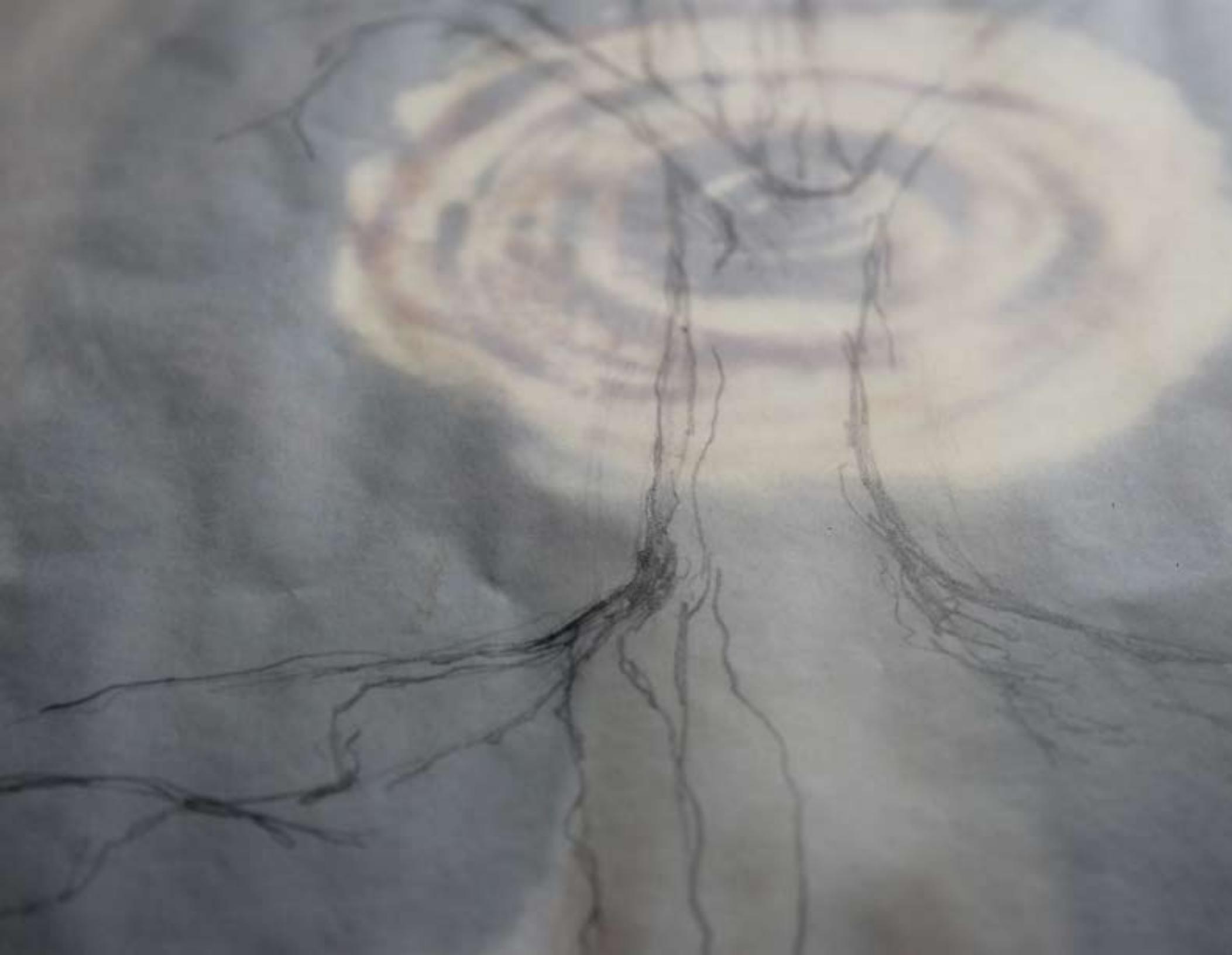




How do you know
if your practice is
transformative?
If it's changing you?
Is it something you
can feel and describe?
I don't think it's
something you notice
all at once. I think
it's something that
happens slowly. And
not in a straight line.
But rather sideways
and forward and back.
And after a great deal
of effort that you've
put forth with care
and consistency.

But every once in a while
you look around and realize
that you have changed.
You realize that everything
is different. Different
from the inside out.
The vision you carry
of meaning. The internal
movement of thought
and feeling. The external
movement of action and
reaction. The view of
relationality. It's all
different.





In my life and practice I will continue to seek freedom from ignorance and misidentification. I will continue to seek the kind of transformation that helps me remember my true nature. I will continue to search after truth. But I understand that there is no:
"Once I get to..."

There is nowhere to go. Every moment is just another moment to be present in. Another opportunity to ask:
"What's real now?"

