

 UPCOMING EVENTS 

with Ker Cleary

The next Developing Your Authentic Private Practice class starts Tuesday, January 16!!!



Free Talks at the Office:

Tuesday Evenings from 7-9pm
1390 Oak St. #1 • Bring a friend!

January 16: Tolerating
Uncertainty

February 19: Working with Fear

March 20: Compassion and
the Inner Critic



Coming this spring:

Two workshops at
Tamarack Wellness Center

Tuesdays, 7-9 pm

April 10 - Developing Your
Authentic Private Practice


\$17 adv./\$20 door

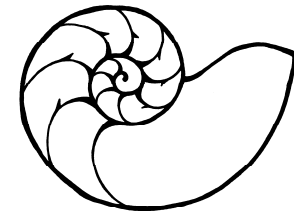
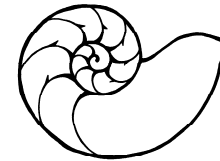
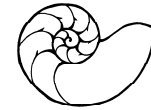
May 8 - Mindfulness in
Everyday Life \$12 adv./\$15 door



Please call Ker at 349-0595 or e-mail
ker@contemplativepsychotherapy.com
for information on any of these events.

Address Correction Requested


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The Doorknob Gazette
Winter Solstice
2006

The cure for boredom is curiosity.
There is no cure for curiosity.
- Dorothy Parker

Dear Ones –

The winter solstice is a time of going within, a deepening darkness and a re-emergence into the light. In the Buddha families, winter is the Vajra season. Vajra's color is blue, and the landscape is icy, clear and cold. Vajra's neurotic aspect is anger, sharp and cutting. The wisdom aspect – the other side of the coin – of Vajra is mirror-like wisdom, clear, direct and compassionate.

In Vajra neurosis, our anger tends to be about perceived injustice, broken "rules." The blue of Vajra is reflected in police uniforms, the keepers of rules and regulations. Vajra types are most comfortable with a structure, although they like to break rules, too - they just like to know what they are breaking!


The antidote to all this might be to relax our mind into its natural state of present-moment awareness. In the present moment, all is generally well. Like a pool of water, the mind is naturally clear and reflective if we are not too busy stirring it up with sticks and tossing pebbles of discontent into it.

One of my favorite stories illustrates the difference between Vajra neurosis and Vajra wisdom mind:

Two monks were on a pilgrimage. They had walked together in silence for many days. One morning they came to a river crossing. It had been raining, and the water was high and fast. A woman stood on the bank, looking for a way across. She was frightened, and asked the monks for help. The first monk said nothing, but the second monk gestured to her to climb on his back, and they all crossed the river in safety. On the far side, the woman

climbed down and gave her thanks and promised to pray for their successful pilgrimage.

The monks walked on, mile after mile, hour after hour. Finally, around sunset, the first monk stopped in his tracks with a stormy look on his face. "How could you? You know we have vowed, among other things, to not touch women!!! But you invited her to climb on your back, and you embraced her as we crossed the river! How can I continue with you, having observed this disgraceful violation of our sacred promises?" When the monk paused for breath, the second monk, gazing at him with deep compassion, spoke quietly.

"My brother, I feel for you. I left that woman at the riverside, but you have been carrying her all these many miles!" 



I want to introduce you to Mama's Fire Tibetan Hot Sauce, developed by my friend Jesse Thompson. Sales of the hot sauce fund sacred projects worldwide. Mama's Fire is a warm, smoky mix of organic ginger, locally grown garlic, red chilies, onions and other natural spices. To order this delicious sauce, call (503)763-2311, go to mamasfire.com, or ask your local natural foods store to carry it. And check out Jesse's hot sauce blog!



The Chambered Nautilus

This issue of *The Doorknob Gazette* inaugurates my new logo, drawn for me by my sister, artist and graphic designer Meghan Merker. I never intended to use the © image for so long - it is from a font belonging to its designer. I wanted a logo I could call my own.

To me, the nautilus represents elements of life's mystery. Its hidden pearly depths signify treasures we find within ourselves. The spiral symbolizes the bond with our point of origin that remains regardless of how far we travel, and the ever-expanding nature of our path. The chambers demonstrate the necessity of dwelling only in the present moment of our experience.

The nautilus is a survivor from ancient times whose name means sailor, journeying to unknown lands. We are all travelers here. We have vast space to navigate, storms to ride out, and skills to develop. Underneath it all lies the unchanging ocean of being, from whence we all emerged and which nourishes us still.



If you need any graphics, card designs, logos, illustrations etc, you can e-mail Meghan Merker at gamblergraphics@smtel.com or call 406-681-3114.

She is flexible and easy to work with.



Ker Cleary, M.A. is a psychotherapist in private practice in Eugene, Oregon. She specializes in Contemplative Psychotherapy, using mindfulness and compassion to help people find happiness. She teaches and speaks on topics related to Buddhism and psychology.

For more information, call 349-0595 or visit www.contemplativepsychotherapy.com

May all beings benefit.