

**What does it take to  
make the move  
from weariness to  
wellness?**

### **A Candle of Hope**

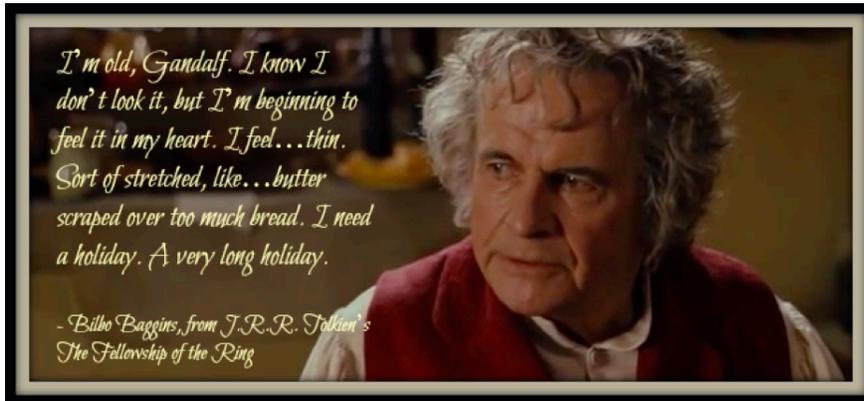
Nikki J. Hunt

A fleeting thought crosses my  
mind  
pauses in mid-step  
then turns to fly away  
from me  
A glint of hope shows in my eye  
a silver sparkle of strength  
shimmering  
but in a moment  
evolves to a tear  
Why do my words fail  
and fade to frightened whispers?  
. . . . . and i crawl under the  
covers  
and hide from the world  
hoping to be overlooked

Is it moments of madness  
a quelling in fright  
a vanquishing horror  
of misguided sight?  
Has something possessed me  
and shriven my soul?  
weakened my will  
to go on  
or even try . . . .  
but why?  
This fleeting thought flickers  
in this faded room  
upon such walls . . . .  
a candle of hope  
trembling in perilous strength  
It must not go out.

**Nikki Hunt read this poem at the beginning of this week's conversation. Read the poem slowly and let the ideas wash over you.**

## The Anatomy of Weariness



At one time or another, we've all experienced weariness. Different than fatigue or burnout, weariness is a "worn out" feeling that can be pervasive or focused on a particular subject or

object. In part of one of our Reset conversation, we explored the anatomy of weariness.



**If I understand the anatomy of weariness I may be able to avoid perpetuating or exacerbating it.**

## The Judging Mind and Weariness

During the podcast we discussed one specific way we can increase weariness: *falling prey to the judging mind*. Below is a quote from Corrado Pena's article, *Judging Mind versus Discerning Mind*.

What is the judging mind in traditional terms? It is a manifestation of the three main intoxicants – attachment, aversion, and ignorance; it is a manifestation through words plus an emotional charge – mental words or actual words. And we should remember that, in the teaching of the Buddha, whenever attachment, aversion, or ignorance manifest themselves, there is what is called *anusaya* – a seed for further attachment, for further aversion, and for further ignorance. An act of or an act of aversion doesn't end there without any consequences, it is also a seed for further attachment and aversion. Of course, the same is true of generosity – it is a seed for further generosity. This is the law of karma.

### The Three Intoxicants

- Attachment - A grasping onto something in order to create the illusion of control or avoid difficulty
- Aversion - Feeding anger or hate that increases unhealthy energy toward a situation
- Ignorance - An unwillingness to seek wisdom and understanding

**There is a temptation that lurks within weariness. Judging our situation, with one more of the three intoxicants, will exacerbate our weariness. The more we employ the intoxicants, the more they grow in our mind and behavior.**

**Discuss:**

**Can you see how the intoxicants increase your weariness?**

**Discuss how you fall prey to the intoxicants and what you can do to reduce and remove them from your life.**

**Click [HERE](#) to read Pensa's entire article.**

## **After-Cast: The Connection between Busyness and Weariness**

The busiest people harbor the greatest weariness, their restlessness is weakness - they no longer have the capacity for waiting and idleness.

**Nietzsche**

**After watching the After-Cast, discuss the relationship between weariness and busyness.**

**Do you agree that busyness can lead to weariness?**

**How might busyness be a form of laziness?**

**Discuss how stillness and reflection is an antidote for busyness.**

**How can you bring more stillness and reflection into your life?**