

Peter Levitt, FB post, Feb 12, 2020

Many friends are experiencing deep grief at this time. How can they not? There is no distance in the heart. Even when one longs for a friend or lover one is no longer able to touch, for any of the usual reasons, still, in the world of feeling, the feeling of loss itself is the presence of the friend, of what was shared, with the difference that they are no longer there.

Or maybe some are grieving a future for the planet or their children and grandchildren, and feel the devastation of that fearful, imagined future in this moment, right now. That future is here, then. It is here and it pervades because, again, there is no distance in the heart. No distance and no time as well. It is always just right here and just right now when the heart-mind makes it so. Of course, you may say the future is a delusion, and you would be right, but in the moment when that delusion envelops you, it becomes the world of the heart and mind until and unless you see your way through. Delusions are real, you know. Real what? Real delusions! But, we all know that.

Many years ago, I wrote a short poem that addresses some of this.

The Wedding

the space
a gone love fills—
you can't place a ring around that

So we must learn how to take care of the 'just right now' of things, right where we are. Maybe one way is by helping each other when we see or hear from a friend in need. And, by doing so, we also help ourselves. Because, yes, as it says in the refrain: there is no distance in the heart.

