

Explore the Theme — “Here Comes the Sun”

Enjoy a concert in celebration of the gift of sunshine, so essential for the transformation of the grain of wheat
for other “Explore the Theme” postings visit: <https://www.shcj.org/explore-the-theme>

A dormant seed SPRINGS TO LIFE through interaction with moisture, oxygen, LIGHT and soil



The grain of wheat requires sunlight as well as darkness and death if it is to yield a rich harvest. People, too require warmth and kindness, both from themselves and from others, in order to grow. **Jetsunma (Venerable) Tenzin Palmo** is an English-born Buddhist nun and teacher of Buddhist wisdom and practice. As President of Sakyadhita International Association of Buddhist Women she spoke these

words at a conference in Sydney, Australia in 2019:

*“If we have a garden — consider our heart-mind as a garden — then we can’t always be pulling out the weeds and not noticing the beautiful flowers ... which need to be watered, fertilized, and appreciated. Flowers grow in the sunshine and so the flowers of our good qualities grow in the sunshine of our awareness and our appreciation In order for things to grow they need to be appreciated, cultivated, so we not only work to transform the negative in us, but we also strive to encourage the goodness in us. **Inherently we are completely ok.**”*

When has the warmth of another’s kindness helped me grow?

Do I offer that same warmth to others? to myself?



What warmth & light will enable our SHCJ seeds to flourish?



SING: with the Beatles, “Here Comes the Sun,”

<https://www.youtube.com/watch?v=KQetemT1sWc>



SING IT AGAIN: with James Taylor & Yo-Yo Ma, <https://www.youtube.com/watch?v=qgO7BqAeeYk>

<https://www.youtube.com/watch?v=qgO7BqAeeYk>

“Here comes the sun

doo, doo, doo, doo

Here comes the sun

And I say it’s all right

Little darling, it’s been a long,

cold, lonely winter

Little darling, it seems like years

since it’s been here

And I say it’s all right”



SING: with Miriam Makeba, “Ask the

Rising Sun,” [https://www.youtube.com/watch?v=](https://www.youtube.com/watch?v=azLa3fzdoM)

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“... For the sun sees every tender leaf That drifts to earth and trembles. For the sun sees every stricken bird that tries to fly & fumbles....”



LISTEN: *Pastoral Symphony*, Movements

#4 & 5, by Ludwig van

Beethoven; https://www.youtube.com/watch?v=Rn9_C6X4UXM

[The music tells the story of a group of peasants enjoying a picnic in the countryside. A storm sends them scattering, then the sun gently, sweetly breaks through and they rejoice together with thankful praise.](https://www.youtube.com/watch?v=Rn9_C6X4UXM)