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Hello, welcome. I'm making this recording for you here today and today is full moon. And the exact forehand is actually just close to midnight. So it's not that late yet, but it's, it's counted as full moon today and kind of brought me to mind a joke or a cartoon I've seen once like, I don't know who was the author of that. But the joke goes there the new moon, as you can imagine new moon as a as a very thin a semicircle coming into the the doctor surgery and saying Dr. Arthur is something really wrong with me, I feel so empty. And the doctor replies, oh, don't worry, it's just a phase.

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So I like that story for a couple of reasons. One of them is that oh, isn't that

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so often that we feel empty and either depleted in terms of energy, and some sense of motivation? And the reason to keep it going, like really depleted in that way? And sometimes, we might feel empathy, as in just simply not feeling anything much like not finding anything uplifting? Or we can't find anything particularly engaging us? Or? Yeah, not enjoying anything, like not even food? And perhaps, yeah, perhaps this could be one of the signs of depression or anxiety. That could be well, so. And it could be just the face. wonder whether you could say that depression is just a phase will be? It's, it's something worth distinguishing, isn't it? Because depression is actually a clinically treated illness and shouldn't be underestimated? in diagnosing it. So if you find yourself like, Yeah, I'm kind of quite a regular basis, depleted with energy depleted with motivation and a sense of meaning of life, then that might well be depression. And it might be just the face. And so strangely, why, why is it that the new moon thinks that it has to go into the doctor's? Well, because it might be chronic, right? It might be something that goodness, am I always going to be that thin, so kind of missing and lacking and lacking in energy or lacking in enthusiasm, lacking and enjoyment? Is it forever going to be like that? That's a very good question to ask yourself, because it might be that it is chronic. And it might be just a phase. So how would you know it's just a phase. I suppose it's when we start noticing other things in our lives, that perhaps we are continuously ignoring. If you sign yourself for one of those wellness treatments, or mindfulness courses, that are specifically designed for treating depression, one of the things they will encourage you to do is to look into your experience and find something other than that emptiness, something other than that sense of depletion, and lack of motivation, lack of enjoyment. Surprisingly, just like the new moon gains, its wake gains its capacity, we might actually notice that our experience is often not so one sided. It is hardly ever that there is only just darkness or only just emptiness, we might notice very little things that we experience in everyday life. I'm here talking to you as a Buddhist chaplain at Bangor University, and my name is pati Bielak Smith. And, of course, I'm kind of representing teachings that I am trying to bring into practice on a daily basis. And how does that fit with the message of Buddha's message of Buddhism in this context would be that no matter how empty we feel, and also no matter how joyous we feel as well, no matter even if we are in the full moon phase like today, the full moon is going to be really full and big and the sky It's so clear and visible. The New Moon is always the moon, whether it's new moon, whether it feels empty, and somewhat lacking, or whether it's full moon, and it's has this display of this wonderful qualities and energy and all of that. Either way, it's still the moon,

that has the capacity to always be the full moon when the time is right. And that is true for us too. We have that capacity to be like the full moon, full of enjoyment.

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And even when that's the case, we always will have the capacity that he will empty. Either way, there is something within us that is never changing. That is something that meditation is inviting you to discover. What is there, whether you feel empty or full. What is there always with you? That is like a constant companion right there in your heart. Perhaps you can try that in your meditation practice or reflection practice. If you have any questions or would like to follow that up. Please get in touch with any member chaplaincy team or myself. Wishing you happy foremen.

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