

## Limestone Brae

There is a road below Throssel Abbey that goes along in both directions and disappears from view. It is very beautiful. I've walked it many times during visits to the monastery and each time am struck by the lesson it teaches me. Every time I think of that road the lesson is renewed.

Standing just in front of the old Wesleyan chapel - there is Quaker history on the other side of the road and the remains of an ancient wayside cross in the field below - Throssel Buddhists behind - sacredness on the hills and everywhere around.

The road comes and goes - we come and go, appearing and disappearing. In our ordinary and extraordinary experience we label the appearing, the coming into view on the road, we name it birth - beginning. When the one we love disappears we label it a species of dying. This is from our momentary and thus, limited point of view.

We can forget, we do forget, that the road goes on beyond our view and that there was a "before" and will be an "after", for us, as well, for we are walking the road even as we have our "viewpoint" of it.

All that we cherish or hate, all that we seem to be or not to be, will change on that road's journey and has already changed in the "before" and the "after".

We wish to turn the journey to compassion and peace - this we can do.

### Notes

Limestone Brae is the name of the area where Throssel is located. There are the remains of a medieval wayside cross in the field below the road. A Quaker meeting house (1690) and cemetery were located on the other side of the road from the Wesleyan Chapel (1825).

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