

Week beginning 4th January 2015

Do you have a sense that there should be more to life than what you are now experiencing? Take heart. There are millions like you and many of them are finding a new joy and freedom in their daily lives once they nourish the needs of the 'hidden self'.

There are two questions to ask yourself. Do you feel a call to deepen your life, to live more freely, to be more happy? And the second is, are you prepared to take the time and the trouble to discover this new way of living, and to enjoy it forever? The aim of these reflections is to empower you to say 'Yes' to both questions and to travel along this amazing way with you.

It takes courage and trust to take the first step. There will be voices within and without telling you to wait, or that you haven't got what it takes, or to forget it. But if you are ready, and since you are reading this you must be, the way is already being cleared for you . . .

There is a yearning within all of us to be leaner, looser and lighter in body and soul. We long to be healed of, detached from resentment, grief, fear, jealousy, anger and low self_esteem. The wings and roots of our hearts are coded for free flight and for the grounded love and service of each other. . .

The challenge of the spiritual life is not to make more and longer pilgrimages, to say more prayers. It is to explore more deeply into what we already are so that we will live, like second nature, the good news which we already possess. In order to travel light along the path of our inner journey, we do not have to devour more and more books; we only have to continually reflect on the few lines of truth that nourish the heart, and to put that piece of wisdom into practice. In our deepest self, it is to become by habit what we know by heart. One lived sentence can change a life. 'even a thought, even a possibility,' wrote Frederick Nietzsche, 'can shatter us and transform us.' And once our true mind is stretched by a new idea or a vision, it never regains its original shape! May God speed you on your journey.

(Travelling Light pp 11, 12)