

Week Beginning 26th July - Be an alchemist

There are a thousand opportunities every day for each one of us to encounter the negative reactions in our lives, to transform the ego, to cut another link in the chains that bind us, to feel the fear and do it anyway, to listen to our bodies and our inner voices. . . Every single, slightest moment brings us the opportunity to deepen the rut in which we find ourselves or to take another giant stride of the soul along the path of our bliss. Like a serious game it is both exciting and demanding. You know beyond doubt that you are in the interface between fear and freedom, powerlessness and power, resentment and acceptance, victimhood and self-acceptance. . .As I daily become more alert to these precious moments, their number increases. . .

There must be a compassionate whole-heartedness in the way we throw ourselves into the art of awareness. We are called to give this 'enterprise of the soul', this pearl of great price our most vital energy, the fullness of our being, our most precious presence. . . There is an understandable holding back, a fearful clinging to safety, a foggy uncertainty that makes the full, exciting dawn of awareness almost impossible to witness. . . Without a wild trusting in the One who connects all, who is connection, the unblocking and emptying , the releasing, the reaching out and coming together cannot happen. To trust in the present moment and the potential growing and healing in my awareness of it, I must first find a place to trust within myself. This in turn has something to do with how loved and loveable I think I am. So many weeds of doubt, self-hatred, dislikes subtle competing, criticising and manoeuvring are alive, like toxic viruses, poisoning the small buds of promise in the garden of our souls. . .

It seems to me that my consciousness is transformed by my attentiveness to the present moment, by my awareness of what is happening just now,, by noticing what is going on in my head and heart and body each instant of my day. There is no other time to feel my soul, to encounter my dragon, to become my grace.. . There is a sacred timelessness (kairos) to each chronological second (chronos), if we are but alive to the here and now unfolding of mystery's moments. Grace builds on nature and it is only through our daily, human experiences in time and space, that the sacred can be revealed.(Travelling Light pp144 – 146)

Follow-up - If you would like to explore mindful meditation, try this simple daily praxis:

Find one of your favourite candles and light it. Do this deliberately and in a meditative way. I suggest that you perform this small but profound action at each morning practice. When performed with deep awareness, it is a complete prayer and an act of worship in itself. As you gaze at the quiet power of the little candle. What is it that shines inside you even at awkward or ambiguous times throughout the day? What are the principles that have been a constant in your life, when faced with immediate and difficult decisions? Or it a sense of fairness, of justice, of standing up for the underdog? Do you notice a feeling of compassion for the 'sinner', a kind of realisation that you, too, could be in that place? Is there a deep attitude of thanksgiving for your life and the life of the world, a sense of wonder that you are there at all? Make a list of no more than two or three of your abiding principles, your guiding lights which, even under temptation and pressures, never go out for very long. Read them aloud to yourself. These give brightest witness to the presence of the Holy Spirit in your soul. Let them resonate in your body all day. (Travelling Light p147)