

Week Beginning 12th July – Unblock, release, connect

This reflection is about how best we can make the journey, live the process at this time in our lives, becoming, in our bodies, what we know in our heads, incarnating more deeply the wisdom of which we are only partially aware. It is about a radical, internal comprehension of, and empathy with, the universal flow of energy that is unconditionally and extravagantly placed at our disposal; all we have to do is put ourselves in a position to claim it. It is about travelling the path of our bliss towards an ultimate union, intimacy and fusion with the 'Tremendous Lover', whose very breath creates, inflames and satisfies the divine passion for the possible that, deep down, ecstatically consumes our bodies and souls. The intention is to set free the infinite stream of energy in all of us so that a general state of well-being will flow through each one and, as a consequence, everyone and everything we touch. . . It is important to remember that part of the process of unblocking and integrating the currents of good energy entails the cleansing of the energy channels. This often causes what is called 'dense, negative energy' to the surface where it gathers and, therefore, has to be released before it becomes even more intensely toxic. . . Older Roman Catholics will remember warnings about lurking devils waiting to catch us off guard! Hence the need for wise, discerning arms around us.

At certain 'moments' in our lives (provided we are awake to those moments) the 'ingredients for a profound and personal transformation are all strung together in a powerful and courageous way, like the many beads on the one rosary, like the cable-needle picking up the stitches as the new creation is woven into safe wholeness. Our own hearts, those of our friends and all of nature conspire to gift us with health and happiness. . . For me, for anyone embarking on the spiritual adventure, another way of addressing this issue, is to ask whether we really desire to be personally liberated, to be transformed, to be free from the negative forces in our lives. 'Do you want to be healed?' asked Jesus. . . Without extreme effort, work-pressure, straining or forcing the river, I try, like an alert rabbit or squirrel sitting still, to hold myself in relaxed readiness, yet eternally vigilant and effortlessly poised, so as not to miss a connecting moment , a magic bridge, a passing angel's message, a drum-beat of revelation – the uniting breath that begins and continues the transfiguration of my life. There is no stress , anxiety or pressure in this attention to what gathers and connects us to God. This uniting breath is like an inner homing device, that draws us backwards and forwards to the Divine Essence, from where we came in the beginning. This, I suppose, is the original meaning of the word 'religion' – from the Latin religare, to re-fasten , or to re-connect with our essential nature. . .

To surrender our ego-castle, to unblock the personal pride, to make space for the universal energy to flood our souls, is the adventure of a saint. And there can be no fullness without the emptiness, no giving out before a giving in, no break-through before a break-down, no invisible protection of the angels before the painstaking dismantling of the self-protective armour of the ego. . . It is because of this trial by fire, this desert experience, this living out of our personal Good Friday, that our journey home to ourselves and to God is not to be taken lightly. Without the tangible, reassuring comfort of the true love of our family or of a genuinely devoted community, or of an anam chara or loved one, there is the very real danger of getting lost.

'Oh my heart, because I love you
You will never die.
My darling, when the storms blow
Remember what I said.'

(Travelling Light pp 133, 137)

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

Movement can be a fine form of prayer; dance can be pure worship. Clear a little space in your room. Play some lively music. Something with a good swing to it, preferably without words. Wait for a moment to find the feel of it inside you. Try not to think about what to do, which leg to start with or what steps are appropriate. Let the inner rhythm move you; let it lead the way for your body to follow. Swing and sway, jump and dip, gyrate and trot, fast or slow. Do not force the pace but flow at whatever tempo your inside conductor beats out. This exercise is not about proving how acrobatic you are, but about how connected your mind, body and spirit are. Be mindful of what is happening. Soon you will notice a wider intimacy with the elements of the universe. Try to feel the music and the dancing and the movement from your still centre. . . . There are those who believe that four or five minutes of this activity alone, each morning, is the most beneficial to mind, body and spirit, of all possible uses of meditation time. (Travelling Light p138).