

2012

Week 13 - Soul Friends

The quite work of recognising the holiness of others, of 'soul-making' ., is so often and so sadly neglected in a world that rewards results. But if we persist in the roles that we are praised for playing, there is an ever-present danger of being trapped into over-action, measurable by tangible and visible results.

The model of 'soul friend', of 'anam chara', recognises the truth that on our own, we cannot make much headway along the way to wholeness. 'In a straight line,' the Little Prince reminds us, 'nobody goes very far!'. The anam-chara held the privileged and honoured position of the one who walked with the heart of another, not judging or condemning, not possessive or prescriptive. The soul-friend has access to the dark places within, is privy to the secret recesses of the inmost soul, whose first task is to help each one find their own truth. This work is about holding up the mirror to the true self of another, gently revealing the carefully concealed flaws and the strong, subtle veins of shadow that powerfully influence and control so much of what we say and do. . . 'To thine own self be true' is no easy advice. To realise that the kingdom of God is within takes much time and devoted attention. That is why this book is a call to such a daunting and deeply challenging call to personal spirituality.

(New Hearts . . . : p61,62)