

## LONGING, FRACTURE, HEALING, AND MATURITY: THE PATH TO SPIRITUAL COMPANIONSHIP

Our lives are filled with longing. To fill the empty spaces in our hearts and our souls. To live lives of meaning and purpose. Of certainty and beauty. Of love fulfilled, and compassion. And of union with God and the Universe. Aching, reaching towards the heavens, usually falling short; tantalizingly short. Always at the tip of our tongues, just within reach. Requiring one additional, and seemingly impossible, stretch, right beyond the limits of our capabilities.

Such is the thirst for divine union, for mystical immersion that drives most spiritual desire, and evolution.

And missing that mark creates fracture. Fractured relationships, both with God and the Universe, but also with our selves and with others. Loves, both earthly and celestial, seemingly lost. To occasional black holes of sorrow and despair. To mental imbalances.

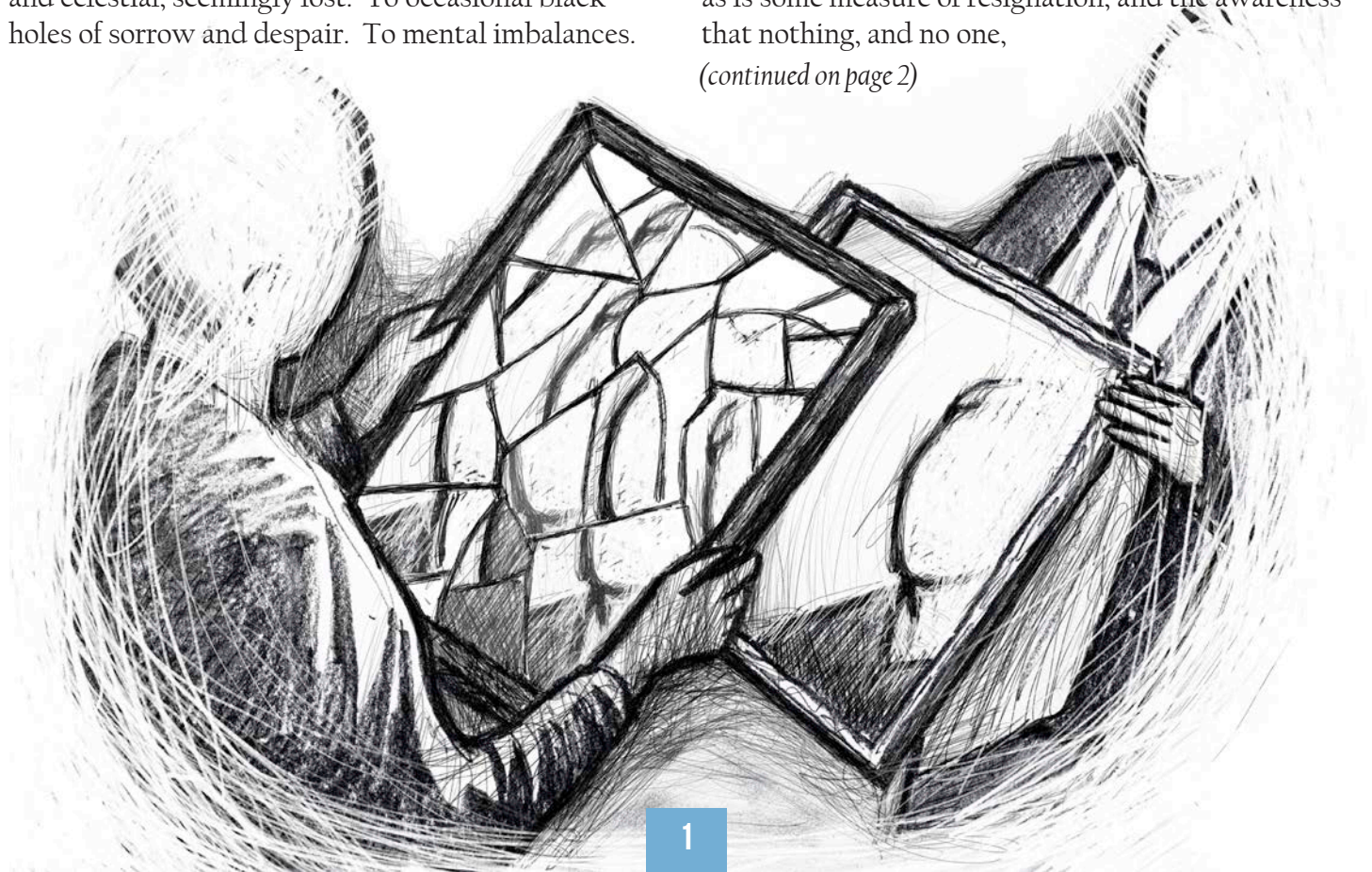
To divided loyalties and zero sum games. And to that very inability to stretch.

Growth seems to require fracture and suffering as part of its process. We have all experienced sublime moments when we are truly on top of the world, content and happy. And yet, fine as those crowning feelings can be, that's not when we are stretching ourselves.

Growth seems impossible without longing and fracture, and longing again, like wheels always threatening to run over our hearts.

And yet they inch us towards healing, which is not a trip to some faraway Shangri-La, or a moment of transcendent euphoria. Acceptance is a big part of it, as is some measure of resignation, and the awareness that nothing, and no one,

*(continued on page 2)*





## LONGING, FRACTURE, HEALING, MATURING (CONT.)

lasts. So we begin consenting to “loss” and “defeat,” illusory concepts that illustrate how we most assuredly have little control. Who of us has not lost a loved one, seemingly forever? Or has been unable to help those whom we most treasure in spite of our most frantic and desperate efforts?

Longing, fractures, and healing characterize our spiritual evolutions. And they resolve into maturity. Imbibing, incorporating, and integrating. Exercising better judgement. Learning to distinguish what is truly important from what is not, and discerning who we really are in the world;

and far beyond it.

Parents, partners, friends can be wonderful and transformative aides. But spiritual companions play a very special role. By holding space, through deep and transformative listening. Allowing us to unburden ourselves. Resonating and sharing. And by reminding us that we are all in this together, eternally bound. All of us, all in One. God and the Universe embodied.

Through these companions we rediscover our true selves. They become mirrors that allow us to find long forgotten places and insights that have always resided within, embedded in every fiber of our being. But that we lost track of somewhere along the way, for a multitude of reasons: in our efforts to please others, or to quench our own egos; to accomplish what we thought was required of us, or to defy the laws of nature, by trying to make permanent what will always remain impermanent.

May the light that sometimes flickers, but is never extinguished, bring us love, serenity, joy and fulfillment, especially in the midst of our struggles and sorrows.



And may it guide us back to the place where we have always been:

our true home in the eternal.

-Rev. Seifu Anil Singh-Molares

## Listen

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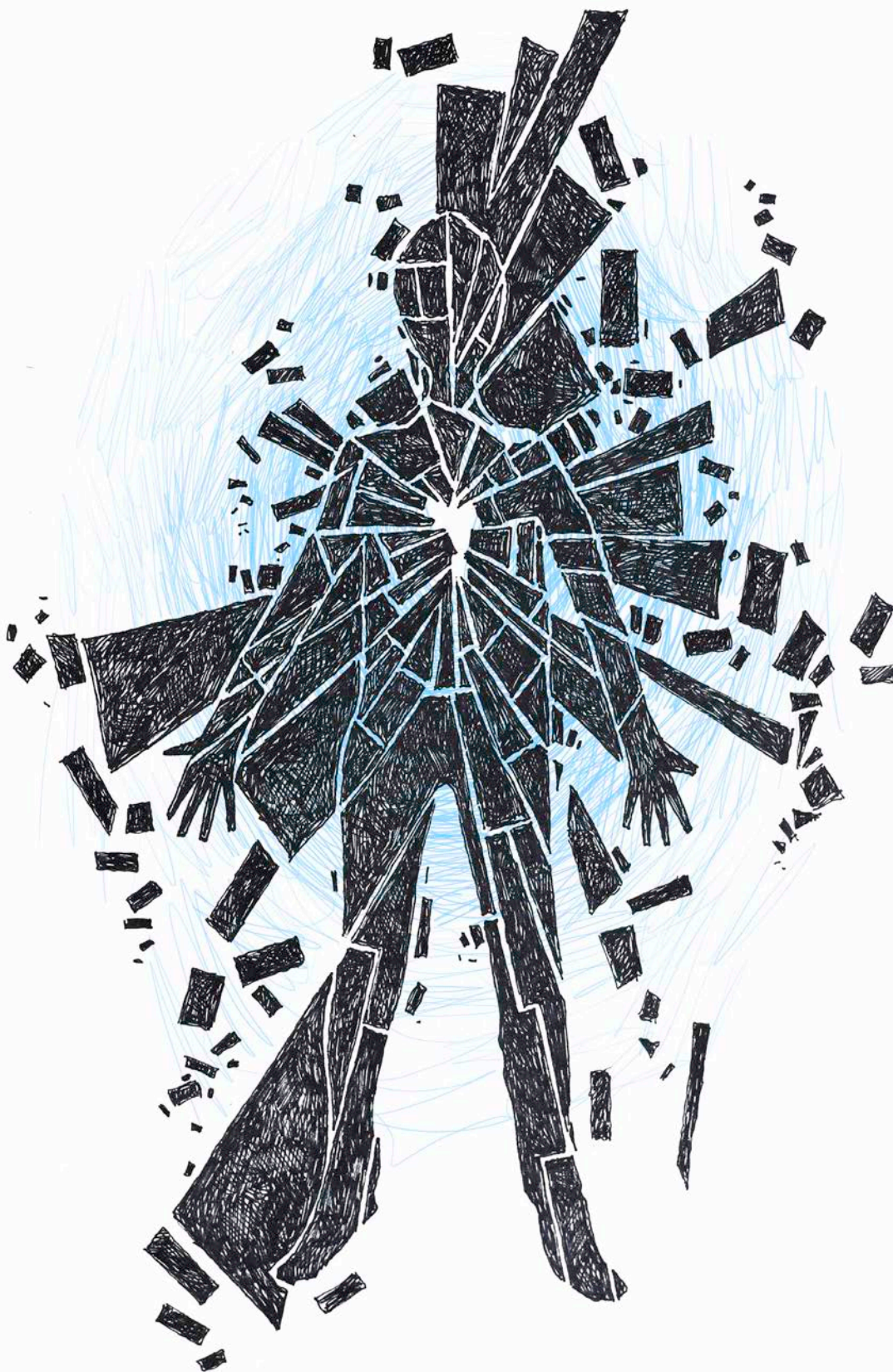
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*The following questions are offered for guidance, journaling, or meditation.*



1. How would you characterize your sense of “longing”? Could you describe it in words?
2. What parts of your life might you describe as “fragmented”? A relationship? A part of your job? Something you volunteer for? Or perhaps in your own prayer life and spiritual practice...
3. Share this with a trusted spiritual director or companion. *If anything arises that you would like to share with the community, please tell us at [listen@sdiworld.org](mailto:listen@sdiworld.org).*



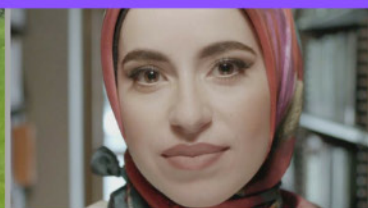


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I am not a light worker.  
I am a dark worker.  
I come alive by night.  
I dig in the earth.  
I wear my miner's helmet  
with a beam from the forehead  
so I can see my way to dig.  
I am the miner and the canary.  
I work in silence.  
Dreams are my speech.  
The body is my newspaper.  
I work in the dark,  
unraveling, unfolding,  
de-veining, uncurling.  
I eat breath and drink tears.  
I am not a light worker.  
I am a dark worker:  
awake  
while all the others sleep.

Diane Elliot

Rabbi Diane Elliot is based in the San Francisco Bay Area, where she serves as teacher on embodied Judaism and a spiritual director. She recently published *This Is the Day, Ha-Yom Yom*, Poems inspired by the practice of counting the Omer (Hadassa Word Press, 2017).



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# ~ LUCY ABBOTT TUCKER ~

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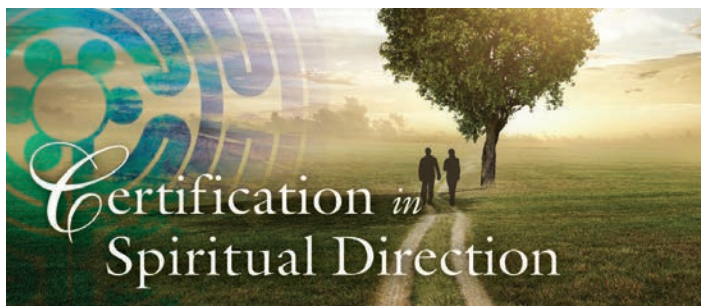
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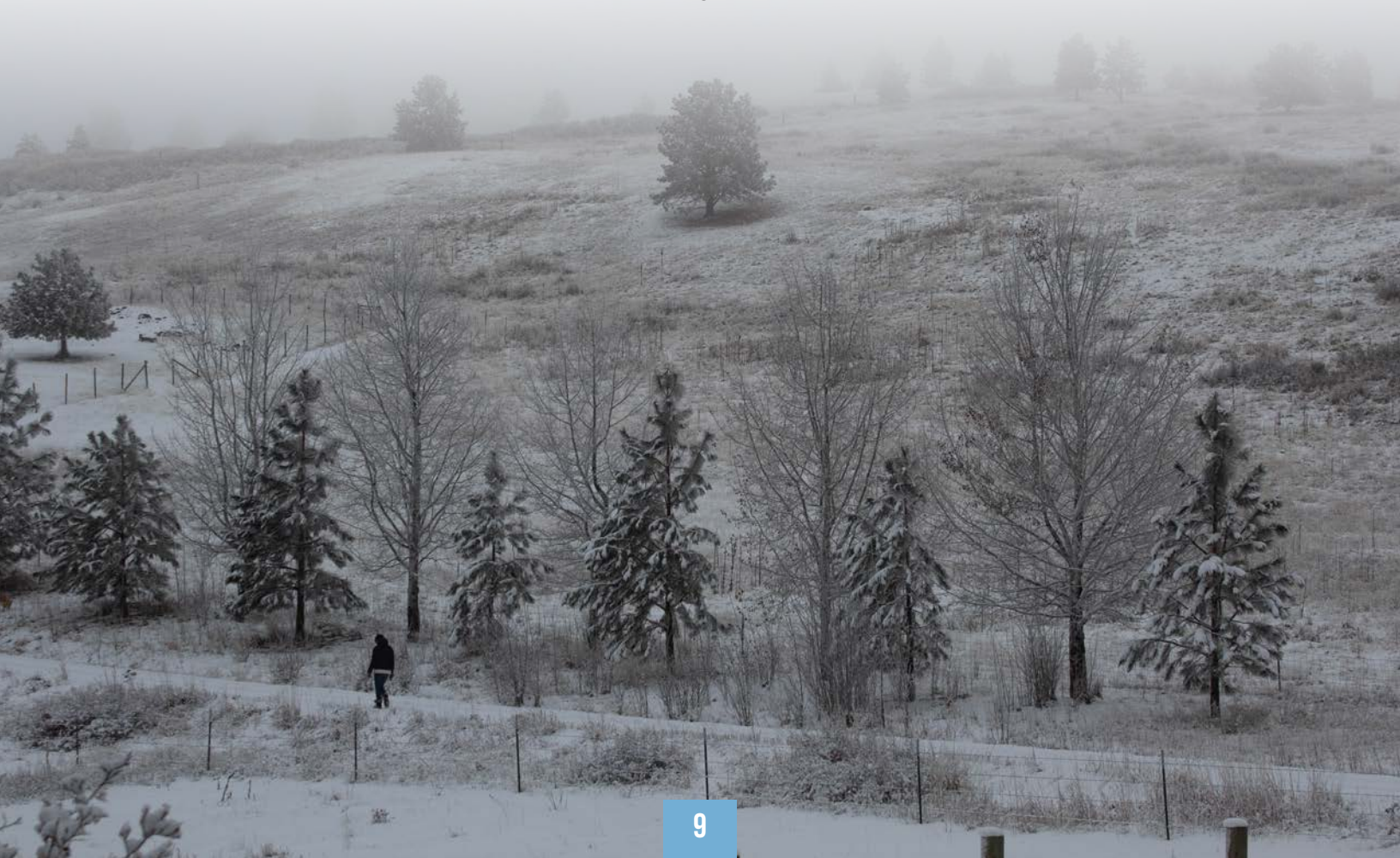


## COMMON GROUND

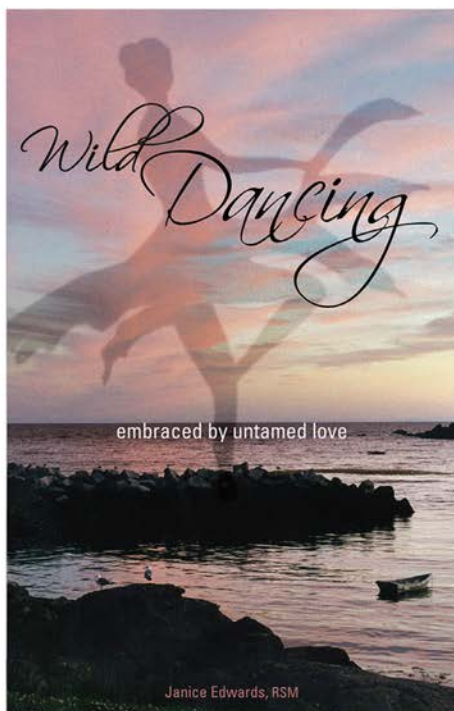
What's incomplete in me seeks refuge  
in blackberry bramble and beech trees,  
where creatures live without dogma  
and water moves in patterns  
more ancient than philosophy.  
I stand still, child eavesdropping on her  
elders.  
I don't speak the language  
but my body translates best it can,  
wakening skin and gut, summoning  
the long kinship we share with everything.

Laura Grace Weldon

*Laura Grace Weldon has written poetry with nursing home residents, used poetry to teach conflict resolution, and painted poems on beehives although her work appears in more customary places such as journals. Connect with her at [lauragraceweldon.com](http://lauragraceweldon.com)*







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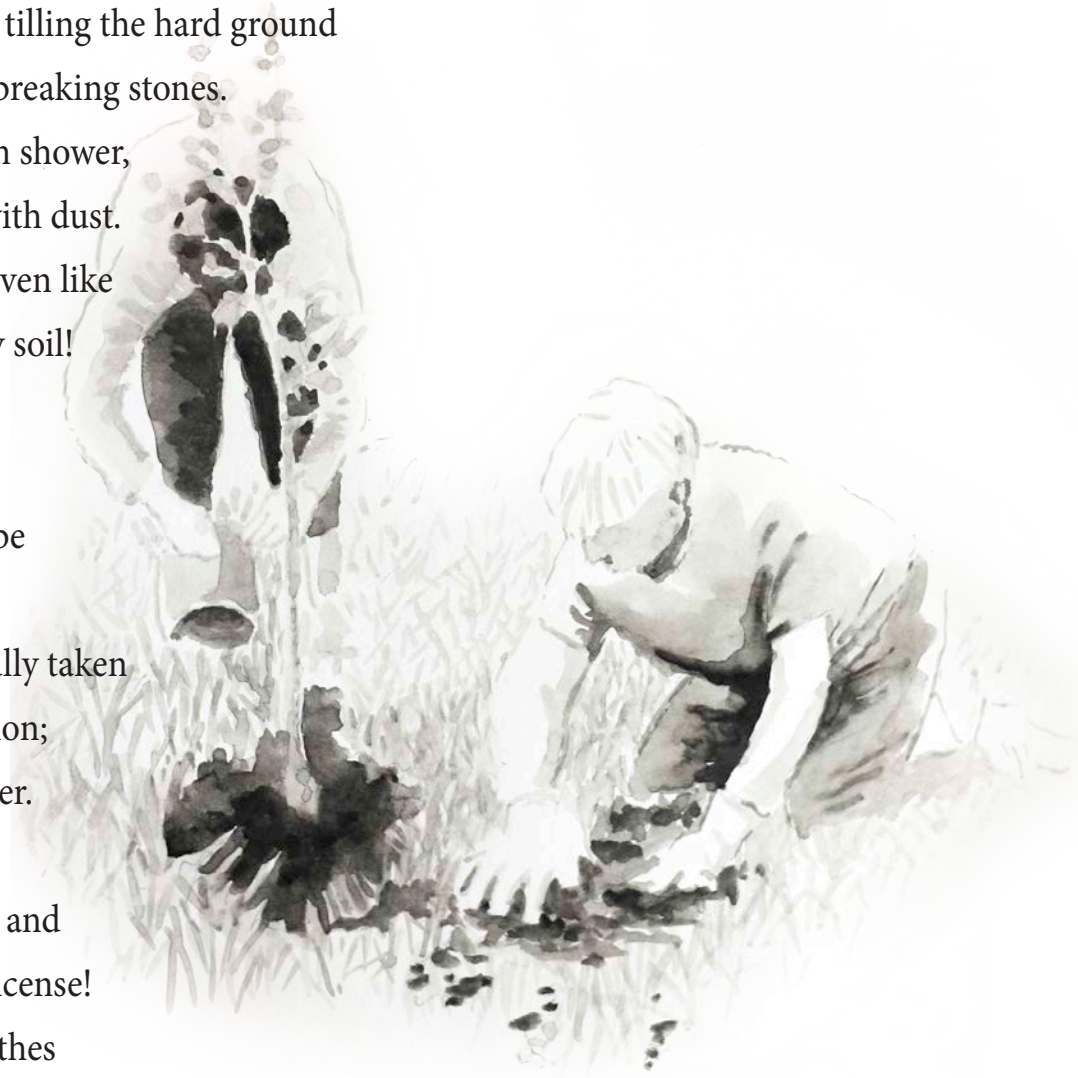
Leave this chanting and singing and telling of beads!  
Whom dost thou worship in this lonely dark corner of a temple with doors all shut?  
Open thine eyes and see thy God is not before thee!

He is there where the tiller is tilling the hard ground  
and where the pathmaker is breaking stones.  
He is with them in sun and in shower,  
and his garment is covered with dust.  
Put off thy holy mantle and even like  
him come down on the dusty soil!

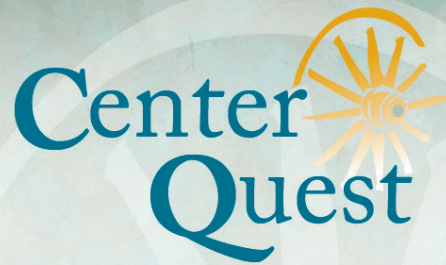
Deliverance?  
Where is this deliverance to be  
found?  
Our master himself has joyfully taken  
upon him the bonds of creation;  
he is bound with us all for ever.

Come out of thy meditations and  
leave aside thy flowers and incense!  
What harm is there if thy clothes  
become tattered and stained?  
Meet him and stand by him in toil and in sweat of thy brow.

-Rabindranath Tagore







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