

REMEMBER YOURSELF

As a child growing up in Brussels, I attended a Catholic school connected with (and right across the street from) the Brussels Basilica, the fifth largest Church in the world, and a vast, cavernous edifice, where we often went to pray.

One of my earliest and most powerful religious memories was walking through its majestic interiors, and being awed by the sheer size, hypnotized by the aroma of the incense, wowed by the beauty of the

massive stained glass windows on every edge, and enraptured by the Gregorian chants emanating from the Nave. But more than any of these, I recall being entranced and overcome with deep feelings of connection and longing, and being permeated by what I would later describe as my first visceral sense of immanence and transcendence. I felt in deep communion with a force much larger and greater than myself. And yet, 'it' and I were inseparable and indistinguishable one from the other at the same time.

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REMEMBER YOURSELF (CONTINUED)

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But it didn't feel like a discovery, more like a remembrance.

Years later, as a first-year student in college, I took a preceptorial on World Religions, and read a book by Walpola Rahula entitled "What The Buddha Taught," which would change my life profoundly. As I read through its pages, underscoring almost every line with my hungry pencil, I thought to myself: "there it is, that's it!" The words spoke to the very core of my being. It was as if I were reading my eternal self written into all of the pages.

What both of these experiences had in common was the sense that I was recalling something that I already knew, flashes of recognition coursing through my soul, as if I were remembering not just my very essence, but the essence of God and The Universe itself.

Many decades have passed since both of these events, and now that I exercise my calling on a daily basis, I can't help but reflect that the core mission of spiritual companionship is helping others similarly recall their true essence, however they might perceive it.

And although it can be described as a journey of discovery in some ways, it is more of a process of unveiling and revealing what has always been there. Stripping away the layers of societal conditioning and habituation, and often of associated traumas and addictions, that have frequently become obstacles to seeing who we really are.

As spiritual companions we are not here to impose our own spiritual discernments, of course, but rather to facilitate those of the people who we are honoured to walk with. We can best accomplish this by being faithful mirrors, allowing our interlocutors to see things about themselves that they don't usually observe. Very much akin to close friends who help us gain perspective by allowing us to discern our own blind spots, so that we may clear them away, and see more cleanly.

We play another role as well, by being in communion with those who come to us, and recognizing that we are all, in fact, not separate from one another, but rather of the same substance. We need one another to travel on the road.

There is an old parable about desperately seeking the jewel of wisdom everywhere in the world, travelling frantically here and there, toiling mightily in the process, only to discover that it was right on our foreheads all along.

We just need to stop and be still, and remember what a tremendous miracle we all are.



Just that.

-Rev. Seifu Anil Singh-Molares

Listen

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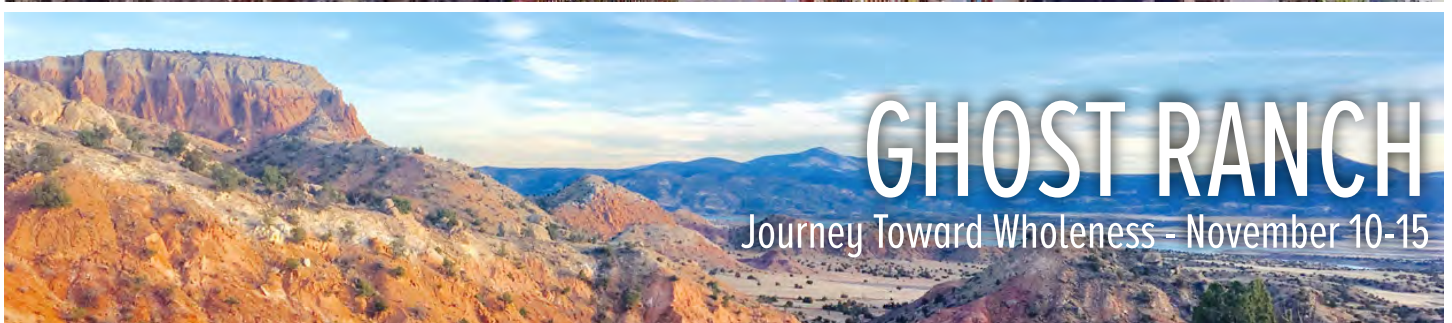


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FIRE AND ICE

*...the presence of the One in the here and now, that leads to...
intuitive intimations that there is something “beyond” as well.*

—Arthur Green. Seek My Face. p.6

I dance this morning on the liminal
edge—

questions
burning
with longing

frozen
with the absence
of answers.

To my right a tiny yellow warbler
on a trembling green stalk.
To my left, a dandelion puff
floats in tandem with another
on a swell of wind.

The sun comes
and goes,
ever-changing palette
of khaki, mint, teal and lime—

hills proclaiming the glory
of the earth.

Rabbis of old tell how we walk the
boundary—
the liminal edge
between fields of fire and fields of
ice.

Too close we burn, consumed by
Mystery.
Too far, we freeze in the absence
of the Divine.

I look around—

rivulets sing their way down the
mountain,
wave grandly to Queen Anne’s Lace.
Acorn shells at my feet—
tiny, perfect whorls.

I am
neither
too hot
nor too cold.

The questions
are gone.

Jennifer (Jinks) Hoffmann is a longtime SDI member, and is currently the Poetry Editor for SDI. Jinks will be facilitating a 4-part webinar for SDI - Dreams, Poetry & Spiritual Direction - Tools for Awakening - beginning June 18th, 2019. Join us - sdiworld.org/events/webinars

Do you ever feel that something is missing from your life?

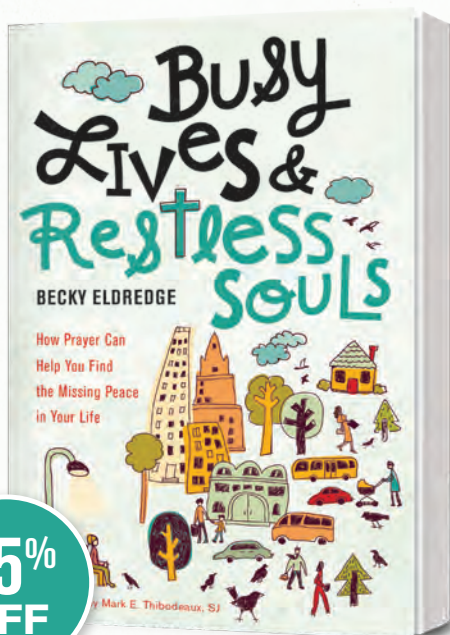
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Recently interviewed on **Encounters** podcast!



BECKY ELDREDGE is a mom, a writer, and a certified spiritual director. Hearing from her readers and those she directed spiritually, she noticed that most people have a feeling that something is missing. Then, she realized what it was that is missing from all our lives: a deep, personal relationship with God through prayer.



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and remember what a tremendous miracle we all are.

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CAN YOU HEAR?


Can you hear the silent cry
That shouts into the far corners of the earth?

Do you yet feel bathed in waves of sound
That have at their source only emptiness?

One day you will realize that you are
Manifesting dancing light

Throbbing from the heartbeat
of nothing at all.

Bruce Silverman, a counselor in private practice, has been on the faculty of Holy Names University, Naropa University and directs The Orpheus Healing Arts Institute (Berkeley). His book, So What Happened to God, Religion, Science, and Democracy? is available online at Amazon and Barnes and Noble.



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BLOSSOM AND OPEN

A rose blooms early, stretching
soft wings against crisp winter air.
Without shelter from cold March winds,
red leaves blacken and fall.

The woody stalk stiffens,
holds close the new buds.
Petal wraps petal, snug layers
nesting a darkened heart.

The gardener breathes
into each blossom:
Holy, Holy, Holy.
Something scared inside
whispers back,
In you I am sheltered;
In you I can open
To share my beauty.

Avi Cramer is a spiritual practitioner, meditation teacher and interfaith guide. After earning his MA in philosophy, Avi trained in spiritual direction at the Transformational Arts College. He teaches at and sits on board of directors of the Consciousness Explorers Club, a meditation community in Toronto. His website is avicramer.com.

THE POWER OF MEMORY IN THE SPIRITUAL LIFE

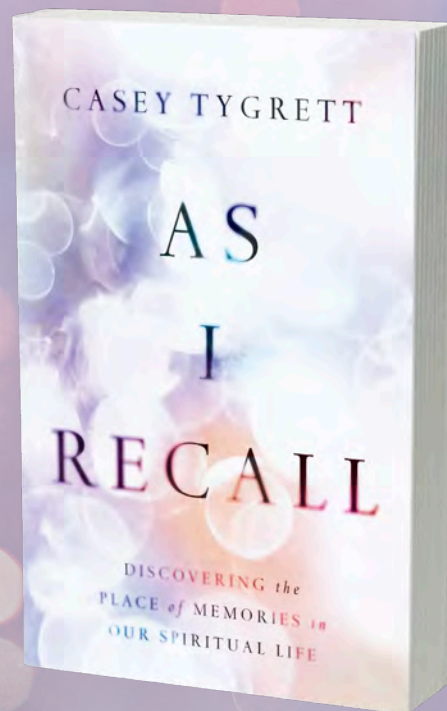
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CASEY TYGRET is a writer, pastor, and spiritual director who serves as theologian in residence at Parkview Christian Church in Orland Park, Illinois. He is also the author of *Becoming Curious*.



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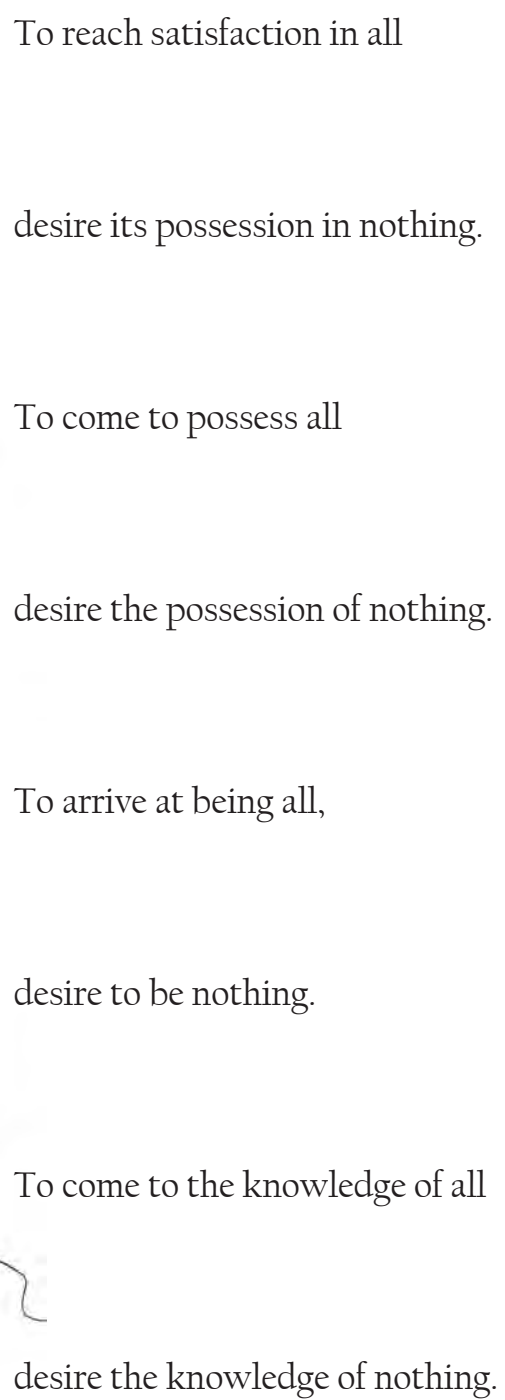
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