QUALITIES OF SOUL:

- Embedded in ordinary life
- Wants to go deep
- Thrives on ordinary, deep pleasures
- Expressed in poetic language

QUALITIES OF SPIRIT

- Wants to transcend the ordinary and the physical
- Seeks to control the body's appetites and the emotions
- Appreciates order and definition
- Focuses on the future, perfection and advance
“On the third day there was a wedding in Cana of Galilee, and Jesus’s mother was there. Jesus and his followers had been invited. The wine ran out and Jesus’s mother said to him, ‘They’re out of wine.’

Jesus said to her, “Dear woman, what does that have to do with you and me? My time has not yet come.’

His mother told the waiters, ‘Do whatever he tells you.’

There were six stone water jars set out for the Jewish ritual of purification. Each contained twenty or thirty gallons. Jesus told them, ‘Fill the jars with water!’ So they filled them up to ehte brim. Then he said, Pour some out now and take it to the wedding planner.’ So they took it to him.

When the wedding planner had tasted the water that had become wine, he called the groom, ‘Most people serve the good wine first, and then when people have had a lot to drink, they serve the less expensive varieties. But you kept the excellent wine until now.’

This event in Cana of Galilee was the first of Jesus’s symbolic acts that revealed who he was. His followers developed trust in him.

Translated by Thomas Moore Gospel: The Book of John (Skylight Paths, 2018)
In the first recorded teaching that the Buddha gave after his awakening (the *Dhammacakkappavattana Sutta*), the first insight that he revealed was the *middle way* between the extremes of self-indulgence and self-denial.

*Encyclopedia of Buddhism*

In the process of learning, every day you add something,

On the way to Tao, every day you lose something.

You do less and less until you arrive at doing nothing.

When you do nothing, you leave nothing undone.

The way of life is to let things take their course.

It is no use interfering.

*Tao Te Ching, 48 Thomas Moore version*

“The right reaction to a symptom may be a welcoming rather than laments and demands for remedies, for he symptom is the first herald of an awakening psyche which will not tolerate any more abuse.”

*James Hillman, Insearch, 43*
Symptoms point to what the soul needs, and therefore they are valuable. Just to get rid of annoying complaints is not psychotherapy, which means “to serve the soul.” We can stay close to our symptoms until they reveal the future possibility hidden in them. For example, loneliness may lead to increased individuality and jealousy to vulnerability in a relationship.

SOULFUL SPIRITUALITY

- living with mystery rather than belief or explanation
- seeing the holy in the ordinary and everyday
- seasoning any self-denial with self-pleasure
- finding sacramentality at home and at work

“I find that I conciliate the gods by some sacrament as bathing, or abstemiousness in diet, or rising early, and directly they smile on me. These are my sacraments.”

Henry David Thoreau, Journals (I to Myself), 1848
“We are always, methinks, in some kind of ravine, though our bodies may walk the smooth streets of Worcester. Our souls are ever perched on its rocky sides, overlooking that lowland. These ravines are the source of mighty streams [and] prophets who will redeem the world.”

Henry David Thoreau, letter January 1, 1859

In the name of the Bee -
And of the Butterfly -
And of the Breeze- Amen!

Emily Dickinson

“The word Miracle, as pronounced by Christian churches, gives a false impression; it is Monster. It is not one with the blowing clover and the falling rain.”

Ralph Waldo Emerson, Harvard Divinity School Address, 1838