

Communion for July 24, 2016
(Material from Wheels of Life, Chapter 4 by Anodea Judith)

The Heart Chakra is the center point of the chakra system. Its main task is to integrate mind and body that we might get in touch with the “deeper cries of the soul within.” With the opening of the Heart Chakra, we are gradually able to transcend the ego. This allows us to discard our self-defined boundaries and merge with the world around us. Anodea states that love is not about getting connected but realizing that we are already connected.

In order to open the heart chakra, we must learn to see the world in terms of relationships. Communion as a spiritual discipline gets us in touch with our relatedness and our interdependence with all of life. It is time for us to be grateful for that which nurtures and sustains us. Anodea reminds us that a deep sense of connection makes the mundane sacred, so that it is cared for and protected. Connection inspires us to give of ourselves and of what we have in service to others. Aart Jurriaance speaks about the importance of learning to see one another in “the light of love.” As we pass the bread, let us think about who at the present moment it would be difficult for us to see “in the light of love.”

According to Anodea, opening the Heart Chakra and developing compassion, connection and understanding for those around us, quite naturally gives rise to the urge to heal. Like Kwan Yin, many feel they must take time to heal others as we advance along the spiritual path. As we take in the spiritual energies of the blessed elements, there is a natural pull to reach out to others in loving service. When we do so, we experience a sense of wholeness, a feeling of inner peace. As we pass the cup may we be mindful of what we are doing to promote sharing, cooperation and mutual goodwill not only as individuals but as a nation.

As we penetrate ever deeper into the “heart of the matter,” may we come to a place of balance and unity. So be it. Take and eat.