

Communion for October 2, 2016

The goal of all spiritual work is expanded consciousness or evolution. It is the challenges we face that get us in touch with this inner purpose. According to Deepak Chopra, we can always find solutions to our problems if we would remember that “when our consciousness changes situations will change.” Spiritual growth helps us to find our way back to wholeness, to our true selves. Shift happens when we are willing to let go and step into the “river of evolution.” Chopra goes on to say that this is not a passive process. It leads us directly to action (or inaction if that is what circumstances require).

The elements on our table this morning are the spiritual food that nourishes us and encourages us in this quest for greater awareness. Our health and well-being depend on a holistic approach, paying attention to the subtle signals that our bodies are sending us. What habits, thoughts and emotions are creating “dis-ease” within our bodies? As we pass the bread I would invite us to think about a troubling thought, an uncomfortable emotion or perhaps a habit or an impulse we would like to change, and also request that we be willing to focus on it for a period of time. Part of this process would be--to be sensitive to what we feel in our bodies when we bring our awareness to that thought, feeling or impulse.

According to Carol Parrish, the process of freedom begins (freedom to be our true selves) when our expanded conscious starts to guide the life instead of instincts, urges, glimmers and illusions. Let us take a moment to focus on those who have been our greatest teachers on the spiritual path. I am speaking of those who have humbly reflected to us our growing edges. I know for myself I have not always responded in gratitude to these gifts of perspective. As we pass the cup may we think about a situation in our lives that might shift in a positive way if we were to look at it through the “eyes of the soul.” Also notice what creative possibilities may have opened for you with this shift of perspective.

According to Chopra, the greatest challenge that each of us may face on our journey toward healing and wholeness is to stop resisting what our higher consciousness wants us to do. May we trust that what is ultimately needed will be provided. So be it. Take and eat.