

Communion for May 15, 2016

The energies of the 5th Ray help us to discern truth, to experience clarity and ultimately to discover the spiritual essence behind form. Connection with the source of all life and the experience of “oneness” is the basis of many of the spiritual disciplines we practice here at the Well. The goal is to “live as souls,” to bring more and more soul awareness into everyday life.

Quite often it is our struggle with duality and the suffering that it causes that brings us to the spiritual path. In our desperation to be free of our fear, anger and disillusionment, according to Father Rohr, we seek out the “silence that holds everything together in wholeness.” And so we come to the table each week seeking healing. We come to be enfolded once more into our community of shared values. The connection we feel with each other serves to remind us of our oneness with the greater life. We come to the table to remind each other about how to be more loving and accepting. We do this through our sharing and through our actions. Oddly enough election cycles challenge me to be kinder and gentler, as I get an opportunity on a daily basis to decide what kind of a person I want to be in the midst of the chaos. It is ultimately all about love. Let us thoughtfully serve one another with great love and with respect.

It is in the field of science that we see the greatest influence of Ray 5 on the human kingdom. Progress in the areas of what we know and what are able to do has been phenomenal. The scientific approach has allowed us to make great progress in finding solutions and to solving problems. As we are again energized by our spiritual nourishment, let us think about a particular problem that we are willing to take on, an area where we are personally called to make a contribution to ease pain and suffering.

May the love that makes life beautiful, the reverence that makes life holy and the truth that sets us free lead us into an ever deepening communion with all of life. So be it.
Take and eat.

Rev. Tracy Johnson, Rituals Minister