

Communion for June 12, 2016

This week in email I received an invitation to Father Rohr's Conspire 2016 Conference dedicated to reconciliation, healing and wholeness. His ideas so often coincide with the values we support here at the Well. His introduction describes better than I ever could how badly our nation is in need of healing its emotional heart. These are his words:

I've been chagrined to see our species' collective shadow on full display during this U.S. election year, exposing intolerance and bigotry. Under the guise of avoiding "political correctness," truth-telling has been twisted into fear-mongering and scapegoating. When we cannot face and embrace the insecurities inside ourselves, we project them outwardly, hating the self we see mirrored in the "other."

People have good reasons to be angry and afraid. Racism, poverty, climate change, and so many other injustices are causing real suffering. Unfortunately, dualistic and oppositional energies cannot bring the change we so desperately need; we cannot fight violence with violence. Only the contemplative mind has the ability to hold light and dark together; only unitive consciousness allows transformation at the deepest levels.

If we do not own our fears, they will continue to manipulate our politics, culture, and religion, reinforcing a polarized and divided society. Time is much too precious--for each individual life and for our planet as a whole. We must bring as much passion to our cause as do those who call for building walls. But our job is to tear down walls.

We have the capacity to grow beyond tribalism and nationalism into a new identity, one that holds space for everyone to belong and be loved. I hold out hope that human consciousness can evolve to the next level. (Monday, June 5, 2016)

When we come to the table, we commit to conspiring (to breathing together) if only for a few moments in the spirit of oneness. As our blessed elements flood our etheric bodies with higher energies, we are better able to become detached from our emotions, to observe without reacting. As our consciousness expands we are called to begin to live now as we would envision the future. And so as we pass the bread, let us practice that age old way of connecting deeply with another human being, by taking the time to breathe together with the person you are serving, for at least three breathes.

As our consciousness expands through spiritual practice, we grow in our ability to comprehend the complexities of our complicated existence at this particular time in relation to our individual evolution. The contents of the cup represent the gift of spirit poured out for us. How can we best use these incoming energies to heal our broken system? As we pass the cup, let us think about where in our lives we see an opportunity to promote reconciliation and healing.

Swami Venkatesananda in his *Gita* commentary states that "God's power manifests itself in the human heart and the hearts of all living beings, to carry on the function of creation. May our efforts as World Servers, create a world of peace, love and inclusiveness. So be it. Take and eat.

Rev. Tracy Johnson
Sophia's Well Rituals Minister