

## Communion for July 10, 2016

Anodea Judith reminds us that from the spiral of the Milky Way to the swirling of atoms in a grain of sand, the universe is composed of spinning wheels of energy. She goes on to say that the wheel is the circle of life flowing through all aspects of existence. Our chakras receive, assimilate and transmit life energies. They connect mind and body, spirit and matter, past and future. In the tumultuous times of our present era, Anodea states, our chakras are the gears that turn the great spiral of evolution, drawing us toward untapped frontiers of consciousness and its infinite potential.

Anodea suggests that if we go back in history, each chakra has prevailed in the world for a period of time. As we come into the Aquarian Age, we are entering into the next phase of consciousness, into the era of the heart chakra, a time of peace and balance between spirit and matter. As our consciousness expands, we are drawn to re-experience our connection with the great cosmic unity. Our spiritual meal put us in touch with our intimate relationality, our underlying unity. The energies of the blessed elements lift us out of the self-conscious concerns of the lower chakras so that we might more fully align with divine purpose.

And so as we pass the bread let us think about what it will look like if we become a society conscious of its own evolutionary process. What if people in all parts of the globe began to claim their personal power to bring about positive change? Where do you see yourself working to make change happen?

As we overcome the powerlessness that our culture has bred into us, Anodea reminds us, we begin to realize that each and every one of us is the creator of worlds to come. As we dip our bread into the cup, let us commit to using the energies of the blessed elements to examine and to purify our habits, behaviors, activities, thoughts, emotions and motives. As we thus clear our chakras of blockages, we are better able to receive and to transmit the higher spiritual energies needed to actualize God's Plan.

As old structures pass away, may we commit to healing ourselves and others so that a more unified system might come into being. So be it. Take and eat.