

Communion for July 17, 2016

An aspiring disciple must develop the balance and stability to stand with clear purpose in the midst of ever changing circumstances. It is this struggle with duality, coming to us from the second chakra, that brings us to the spiritual path. We also need to keep in mind, Anodea Judith states, that it is the desire and duality of the second chakra that motivates us to move and to change. As we extend ourselves, we grow. Desire, according to Anodea, is the seed of our passion, our joy, our vitality and our power. Emotions are the evolution of consciousness through the body.

The development of the second chakra, Anodea tells us, provides the first stirrings of “higher consciousness” as we grow in our sensitivity toward others. Human social interaction helps us to move beyond the attachment to survival that has created our competitive society. The celebration of communion reminds us that we are spiritual beings having an experience on the physical plane. As our consciousness is lifted by contact with the blessed elements, we begin to develop the serene detachment needed to be of true service on behalf of humanity. As we pass the bread let us focus on an area in our lives where we might benefit from viewing our circumstances from a greater level of detachment.

No matter what we are talking about regarding spiritual evolution, it’s always about energy. As we focus on the second chakra and become more aware of our bodies and our emotions, we are preparing for the next shift in consciousness, the third chakra, when we activate our personal will. As we lift into the mental plane, we are better able see ourselves and our circumstances objectively. As we dip our bread into the cup perhaps we could think about where in our lives we sense that change might be needed. May the spiritual energies poured out for us, activate our will so that we might remain poised in the light of the soul.

May our spiritual meal promote a healthy flow of energy through our second chakras so that we might meet and welcome change through expanded perception. So be it Take and eat.