

Communion for July 31, 2016
(Material from Wheels of Life, Chapter 6 by Anodea Judith)

Chakra 6 is the chakra of seeing. As it opens it helps us to move beyond the polarities of light and darkness, in order to experience the incredible rainbow of choices that are available to us at any given moment. When we are able to move beyond our prejudice over the way things should be, we begin to see them as they really are.

Communion as a spiritual discipline is one of the ways we seek to expand our consciousness. When we “clearly see” our relatedness, we make different choices. We begin to focus on fields of energy, relationships and seeing the world as a whole. As our consciousness is lifted by contact with the blessed elements, we begin to develop the ability to see beyond the limitations of time and space. We begin to see inner relationships, how our part fits into the greater whole. Seed thought meditation also trains us to access needed information. We are learning to locate the cross-point between “our question and the information that best fits the space we have created for it.” As we pass the bread, may we be mindful of a place in our lives where we are struggling to “see clearly.”

Anodea suggests our eyes are a portal for the images that our minds interpret. How do these images affect our consciousness and our behavior? How do we cleanse ourselves of the hidden imagery buried deep within that may still be ineffectively shaping our behavior? She suggests that we must first be aware of our visual stimulation. She also urges us to expose ourselves to beauty whenever possible. Our blessed elements can also be a part of this purification process. As we pass the cup, let us consider where we look to find the beauty needed to lift our spirits: fine art, natural landscapes, music, the unconditional love of our animals...

It is only by entering the field of relatedness that we come to know our truest and deepest belonging and calling according to Father Rohr. As we eat together may our vision be focused on an image of “global wholeness” and may we see clearly what our role is in making that happen. So be it.