

## Communion for August 28, 2016

According to William Meader, evolution proceeds when extremes are reconciled and brought into harmony. At the same time, Hermetic law reminds us that there is an ebb and flow to life and that our ability to advance on the Spiritual Path and fulfill our part of the Divine Plan, depends on how well we are able to entrain with the rhythms of the universe. As our hearts grow in their ability to synchronize with the heartbeat of the web of life, Anodea Judith states, we can then access the balance of the universe, to guide and to assist us. When balance and rhythm are present, they evoke an outpouring of spiritual power which frees us from restriction and lifts our consciousness.

Relationships teach us about balance. Communion as a spiritual discipline gets us in touch with our relatedness and our interdependence with all of life. In gratitude we recognize, each time we come to the table, the “dynamic equilibrium” that nurtures and sustains us. As love builds within our nature (the heart chakra opens), we move into a state of harmony with all that is around us. That point of balance is easier to access as we become more reflective and less reactive. As we pass the bread this morning, let’s think about how it is that we find the balance we need when we meet obstacles on the spiritual path.

Torkum Saraydarian tells us that it is spirit manifests through rhythm. Regular practice of our spiritual disciplines increases the amount of energy available to us to bring spirit and matter into appropriate balance. Torkum goes on to say that constancy creates rhythm and rhythm, in turn, creates relationship, synchronization and force within matter. This is the evolutionary process at work. Rhythm is also a critical part of group work. Here at the Well we are consistently and consciously seeking synchronization and unanimity of purpose as a group, through meditation, study and service. As we pass the cup think about what it is that makes you feel like you are an integral part of the work which is anchored here at the Well.

There is a flow to the universe, that is very similar to the movement of a river, May we find the balance and fulfillment we seek by learning to “go with the flow.” So be it. Take and eat.