

Communion for August 7, 2016

One of the goals of spiritual life is transformation. It is possible to speed up that process by aligning ourselves with universal law (Tania Kotsos). In wisdom circle we are beginning our discussion of two of these laws: the Law of Polarity and the Law of Rhythm. As we work with each of these laws, we are seeking a middle path that allows us to cooperate “with” our circumstances with appropriate detachment in order to fulfill our part in the Divine Plan.

Communion as a spiritual discipline helps us to expand our consciousness. As we navigate the polarities of the ever changing circumstances of our world, our spiritual food fortifies us to stand firm with clear purpose. This helps us to bring more and more soul awareness into the living of our lives training the personality to stand poised in the midst of chaotic situations. Only by finding the place of balance within ourselves are we able to bring balance into the world around us. And so as we pass the bread let us think about where in our lives harmony is needed. Where is it that love expressed would bring things back into balance?

According to William Meader evolution always proceeds in cycles (an expression of the law of rhythm. Periods of crystallization are followed by times of progressive creativity. Meader believes the Renaissance was one of those times, and many would say we are presently in the midst of a “great turning.” If rhythm or vibration’s sole purpose is to integrate the parts of a system, then the vibrations we carry in our minds and our bodies greatly affect the world around us according to Anodea Judith. As a way of practicing a conscious effort to monitor the vibrations we are sending outward, think about what you would like to convey to the person you are serving, and communicate that message without words.

Carol Parrish states that it is important to seeking the love and the wisdom needed to be wise stewards using well the opportunity of physical life. May it be so. Take and eat.