

## Communion for September 4, 2016

According to Aart Jurriance karma is the instrument employed by the soul for shaping evolutionary development. Alice Baily explains the importance of this law by stating that everything that is happening in the world today is an aspect of effects initiated somewhere, on some level, at some time, by human beings, both individually and collectively. She goes on to say that the harvest is ripe and mankind is reaping what it has sown in preparation for a fresh plowing in the springtime of the New Age. We could look at this as “bad news” as we tend to do when ever karma is mentioned. But it is also critical to remember that the Law of Cause and Effect can yield positive results as so called “good karma.” It is my belief that the deep spiritual work done by many over the years has brought us to a pivotal time of positive change.

If we did not believe that what we do matters and that it can create a better future for ourselves and others, we wouldn't be here. Communion is a celebration of who we are and what we value as a group. It is a time to nourish ourselves with spiritual food and to recommit to healing those parts of ourselves which keep us from fully stepping into our “spiritual power.” I'm remembering what Patricia shared a couple of weeks ago regarding the armor we wear (such as irritability, righteousness, superiority and inferiority) as we negotiate the ups and downs of life. As we begin to recognize this process within ourselves, we must also take into account the weapons that these traits carry and the damage they can do. I am acutely aware of how our election cycle activates certain qualities within me. As we pass the bread I invite us to look and see where these traits get activated in our lives and what it may be costing us and others if we do not work on healing them.

Patricia also spoke about spiritual partnership and how its main purpose is to foster spiritual growth. When we come together at the table, we commit sharing our deepest longings and dreams for the future. The Law of Cause and Effect teaches us that it is the power of thought that brings these goals into manifestation. (Tania Kotsos) When intention is selfless, practice and concentrated thought can bring chosen goals into manifestation. And so as we pass the cup, let us commit to using the spiritual energies that are poured out for us to monitor how we use the power of thought. May the group support we find here at the Well assist us in taking responsibility for what we “set in motion.”

As love builds within our nature, we begin to see more and more clearly how what we do affects the whole world. May we grow in our ability to choose wisely. So be it. Take and eat.