

Opening Hearts to the Divine in Each Other and in Worship:

God may be reached and held close by means of love, but by means of thought, never.
Cloud of Unknowing (Ira Progoff, ed.)

We have subtle subconscious faculties we are not using. Beyond the limited analytic intellect is a vast realm of mind that includes psychic and extrasensory abilities; intuition; wisdom; a sense of unity; aesthetic, qualitative and creative faculties; and image-forming and symbolic capacities. Though these faculties are many, we give them a single name with some justification, because they are operating best when they are in concert. They comprise a mind, moreover, in spontaneous connection with the cosmic mind, the total mind we call "heart."

Kabir Helminsky

We almost always think of the heart as the center of our personal emotional life. But this is not the way the wisdom tradition sees it. In wisdom, the heart is primarily *an organ of spiritual perception*, a highly sensitive instrument for keeping us aligned, as we journey along the horizontal axis of our life in time, with the vertical axis of timeless reality, the realm of meaning, value, and conscience. The heart picks up reality in a much deeper and integral way than our poor, Cartesian minds even begin to imagine.

Cynthia Bourgeault

It is only with the heart that one can see rightly; what is essential is invisible to the eye.

Antoine De Saint-Exupery

There are only two duties God requires of us...
The love of God and the love of neighbor.
The more we grow in the love of our neighbor
The more we grow in the love of God.

-Teresa of Avila

Remembrance of God is not a mental concept; it exists deeply embodied as a vibration, a homing frequency to which we can become increasingly sensitively attuned.

Cynthia Bourgeault

The God Who Only Knows Four Words

Every
Child
Has Known God,
Not the God of Names
Not the God of don'ts
Not the God who ever does
Anything weird,
But the God who only knows four words
And keeps repeating them, saying:
"Come, dance with Me."
Come
Dance

Hafiz, Daniel Ladinsky, tr.

We are called to love the world as God loves the world. Loving this deeply, this openly, will break our hearts. When our hearts are broken wide-open, if we are willing to remain anchored in love, we find our capacity to love magnified. It is a cycle of life and brokenness and life renewed perpetually. Our calling is nothing less than this.

Wendell Berry, in Jayber Crow

At the center of our being is a point of nothingness which is untouched by sin and illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the fantasies of our own mind or the brutalities of our own will. This little point of nothingness and of absolute poverty is the pure glory of God written in us, as our poverty, as our indigence, as our sonship. It is like a pure diamond blazing with the invisible light of heaven. It is in everybody, and if we could see it, we would see these billion points of light coming together in the face and blaze of the sun that would make all the darkness and cruelty of life vanish completely. I have no program for this seeing. It is only given. But the gate of heaven is everywhere.

Thomas Merton