



Living in the Balance

July 2016

(Lack of punctuation intentional)

2:06 a.m.

Clock glows from the nightstand

Mind racing a crazy monkey leaping screeching what now what now what now alone alone alone dark dark dark grabbing grabbing looking for something to hold onto

Get a grip

Breathe

Breathe

2:32

Gerbil on a wheel spinning over and over I want to pray but for what God is not the genie in the bottle but then if I don't pray then what then where is faith but what about my faith didn't I do how did I land in this place I try really hard is this a character flaw or some karma thing we create our own hell or is that heaven or is there just nothing no nothing all is impermanence

Breathe

Inhale

Exhale

Get water

3:16

What now in the middle of the night trying to sort out what never made sense in the daylight makes less sense in the middle of the night where is God in all this in this dark dark swirling sandstorm in my head I don't feel anything but crazy and deliver me from what how when

Breathe

Breathe

Breathe

4:02

I am making this worse I can't talk I don't know so much I don't know will I ever know will I ever be able to sort this out what do I pray for in the middle of the night when I am alone

Inhale

Breathe

4:37

Sit on the side of the bed

I am in a vortex spinning spinning in the dark of the night I am in this bad wind alone I am alone and angry and scared I can't see anything on this dark road

B..r..e..a..t..h..e

4:53

Trying to find something solid. Then...I sense.... millions of other people up with me in the middle of the night pacing about something trying to breathe and holding their heads in their hands and wondering what the hell happened and wondering about God and hoping they we find a way out A way to breathe. Then I breathe for me and for them. We are all out there....or have been.....or will be.... in the middle of crazy In the middle of the night. Trying to make sense of what doesn't make sense. Trying to see light. Trying to breathe.

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Calendar considerations.....

John Philip Newell

Spirituality Conference, St. Philip's Cathedral,
Atlanta, GA, Saturday October 29

<https://www.stphilipscathedral.org/Learn/Prayer-and-Spiritual-Formation/Spirituality-Conference/>
Mountain Top Lectures, Dawsonville, GA, November 11 –12
<http://www.mountaintoplectures.org/page-1108406>

The Sophia Institute, Charleston, SC

The One Life We are Given – Finding the Wisdom that Waits in Your Heart, Mark Nepo September 16 – 18
Soul Saturation: Igniting an Intimate Relationship with your Soul, October 7 and 8
An Interspiritual Approach to Contemplative Living, October 28 and 29
www.thesophiainstitute.org

Valle Crucis Conference Center

Advanced Centering Prayer Retreat, November 27 – December 4
<http://www.vcconferences.org/programs>

Southern Dharma Center

Developing the Heart of Practice, July 5 – 10
Insight Dialogue and the Path to Peace, July 19 – 24
Practicing with Open Awareness, July 28 – 31
The Nature of Awareness, August 5 – 12
Touching the Untouched: A Vipassana Retreat, August 24 – 28
For more information www.southerndharma.org

The Anchorage

Praying Scriptures at Mepkin Abbey
October 3 – 7
<http://www.theanchorage.org/events.htm#Event5>

Spirituality and Practice E-courses

Thomas Berry: Prophet and Mystic of the Earth, July 4 – 29
Other online access anytime courses include, Joan Chittister
Sylvia Boorstein, James Hollis, Cynthia Bourgeault, Rami Shapiro
<http://www.spiritualityandpractice.com/ecourses>





Calendar considerations.....

Kanuga Conference Center

Faith, Art and Creative Expression, August 21 – 26
Lansing Lee Conference with Mark Oppenheimer, October 16 – 18
Enneagram Conference, October 27 – 30
Icon Writing, November 13 – 19
www.kanuga.org

Awakening Soul 2016

Tending the Fire with Brian McLaren and Becca Stephens
November 10 – 13
Lutheridge, Asheville, NC
www.awakeningsoulpresents.org

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

— Jellaludin Rumi,
translation by Coleman Barks





About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in a more intentional way
- Discerning ways to live in a more integrated and whole way
- Standing at a crossroads in your life
- Exploring new or fresh ways to be in relationship with God

For more information about Spiritual Direction, please feel free to contact me by phone
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All of the photos this month are my work. The full moon was taken on June 20 at the summer solstice. The other images were part of an Olli class on contemplative photography with these images focusing on simplicity.