



Living in the Balance

November and December 2020

In early 2019, I began having dreams that were just songs or a line from a song. In September 2019 Billy Joel sang the River of Dreams loud and clear several times. And Paul Williams brought the line.... "keep on walkin' and don't look back...." There have been many more. Sting's If I Ever Lose my Faith... has been with me ever since its 1993 release.

If I Ever Lose My Faith in You -- Sting

You could say I lost my faith
in science and progress
You could say I lost my belief
in the holy church
You could say I lost my sense
of direction
You could say all of this and worse
But If I ever lose my faith in you
There'd be nothing left for me to do....

You could say I was a lost man in a lost world
You could say I lost my faith in the people on TV
You could say I'd lost my belief in our politicians
They all seemed like game show hosts to me
If I ever lose my faith in you
There'd be nothing left for me to do

I could be lost inside their lies without a trace
But every time I close my eyes I see your face

I never saw no miracle of science that didn't go from
a blessing to a curse
I never saw no military solution that didn't always
end up as something worse

But let me say this first
If I ever lose my faith in you
If I ever lose my faith in you
There'd be nothing left for me to do
If I ever lose my faith in you.

The River of Dreams – Billy Joel

*In the middle of the night I go walking in my sleep
From the mountains of faith to the river so deep
I must be looking for something....something sacred I lost
But the river is wide and it's too hard to cross*

*Even though I know the river is wide I walk down every
evening and I stand on the shore
I try to cross to the opposite side so I can finally find what
I've been looking for*

*In the middle of the night I go walking in my sleep
Through the valley of fear to a river so deep*

*I've been searching for something taken out of my soul
Something I'd never lose something somebody stole*

*I don't know why I go walking at night
But now I'm tired and I don't want to walk anymore
I hope it doesn't take the rest of my life
Until I finally find what I've been looking for*

*In the middle of the night I go walking in my sleep
Through the jungle of doubt to the river so deep
I know I'm searching for something...something so
undefined that it can only be seen by the eyes of the blind*

*In the middle of the night....I go walkin' in the,
in the middle of the.....*

*I'm not sure about a life after this God knows I've never
been a spiritual man
Baptized by the fire, I wade into the river
That is running to the promised land*

*In the middle of the night I go walking in my sleep
Through the desert of the truth to the river so deep
We all end in the ocean.....We all start in the streams
We're all carried along by the river of dreams
In the middle of the night....*

I go walkin' in the, in the middle of the.....



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 these photos are mine. Taken in Mendocino, Greenland and a tiny town somewhere in the Baltic.

