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Number 4



THE MARK

A Publication of The Church of Conscious Harmony ❖ A Contemplative Christian Community



RISEN CHRIST, COSMIC, HISTORICAL AND PERSONAL

by Tim Cook

Sometime around 11:30 on Easter morning at The Church of Conscious Harmony, we will hear our extraordinary choir begin singing, what has become for us, an annual Easter blessing and one of the most anticipated and joyful moments of the year for me. They'll be singing at the top of their voices and from the deepest conviction in their hearts, the rich harmonies and uplifting rhythms of an African spiritual, *We Shall Never Die*. After they've sung a couple of verses to infuse that spirit into all of our hearts, they'll begin clapping their hands and invite us to join their Truth-filled proclamation. As the Spirit moves us we'll begin to stand up, one by one, following the irresistible call in our hearts to share in expressing the ancient joy moving in and through our bodies. The living currents of Resurrection Reality descend into our awareness as our souls ascend consciously, upward into our shared experience of the glorious Truth of the Resurrection of Christ for the entire human race. Those very currents have been rushing forward, through the river of time, to reach us on Easter morning at CCH. They've passed on to us through generation after

generation since that moment in history when Christ shattered the seemingly implacable hold of death and fear on the human race by revealing his Living form to his astonished disciples.

That mind-blowing Reality is everything our Church is about. Year after year that song inspires us to realize it together. The Spirit moves in our bodies, leaps in our hearts and celebrates through our voices and we know more and more deeply, for ourselves, that death is a lie that has been exposed for the fraud that it is. Our physical bodies may decay and disappear but we are spirit and spirit can never die. We know for certain, with Paul, that death has no victory over man and it has lost its sting of fear in those who understand.

If you have noticed, the very first thing you see through the doors of the Church entry is the inspiring icon of the Living Christ leaping up out of the tomb proclaiming, with his triumphant posture and steady gaze into the viewers heart-of-hearts, that Life, human life, has no opposite. The forms of our appearance may come and go but Life itself can never die. Christ in each of us is leaping up out of the tomb of the

false-self's identification with and clinging to physical appearances. Life is spiritual, invisible. We are spirit; we will never and can never die. We can, however, remain in the dark, unconscious of our eternal divine heritage as ever Living Light.

The Resurrection story has a cosmic dimension, a historical dimension and a personal dimension. Each of those dimensions has a necessary place in the transformation of our own personal lives. The Cosmic Christ narrative begins with the scintillating, radiant power of the Prologue to The Gospel of John. I will never, ever forget the powerful surge of understanding that moved my soul the first time I read it and pondered it deeply.

*The Word was first,
the Word present to God,
God present to the Word.
The Word was God,
in readiness for God from day one.
Everything was created through him;
nothing—not one thing!—
came into being without him.
What came into existence was Life,
and the Life was Light to live by.
The Life-Light blazed out of the
darkness;*

the darkness couldn't put it out. ...

(The Message)

That is the glorious cosmic revelation of Christ. Then, John narrates the historical dimension of the Christ story in his absolutely down-to-earth description of the events of the human experience of Jesus and his disciples after the Resurrection. There, the risen Christ reveals himself to Mary Magdalene. She doesn't recognize him at first. He does not appear the same, yet she gradually gets it. It IS him! He appears to the others in a locked room. It is still their Master but he is not the same. Now he moves through material objects, walls, as if they were not solid. Later, though, again, they don't recognize him at first, he feeds the disciples and eats with them but he is not the same. None of them dared to ask him, "Who are you?" They simply knew it was him. He tells them of his impending ascension, performs many miracles and instructs them being raised from the dead. He is the same being, still recognizable as Jesus, but no longer appearing under the laws that govern material human existence. He is as alive as ever and he has forever altered the possibilities of every human

being's eternal destiny. He is *risen!*

So there we have the entire Cosmic Christ story of the Prologue and the conclusion of the historical Christ story of Jesus from the end of John's Gospel. And that brings us to the third dimension of the Christ event, the personal, the place for you and me. The whole point of this astonishing series of revelations and events is to provide a way for us to take our place in the experiential incarnation of the Light-Life. The Resurrection story invites each of us to become real human beings, like Jesus, fully human and fully divine. How is this possible? Don't even try to figure it out. No one ever has. It is a great and wonderful mystery of participation for us. We don't ever get it. We open ourselves to let the Mystery of Christ get us.

Our present experience of our personal lives is based on our self-image, our self-concept. Prior to the Resurrection everyone's conception of self included the image of final death. That's all there was to conceive. The sense-based self-image of the entire human family ended with the unavoidable observation that we all die. Death and the fear of it dominated human life and influenced everything

about the experience of being human. Christ's Resurrection offers us another image with which to conceive of our own personal lives. His rising from the dead is not a myth or a philosophy or a tribal tradition. It is a witnessed historical event. It was played out on the stage of history so that all mankind might include in our own self-image, the stunning and staggering transformative reality that we (each one of us) is more—infinity more—than what we look like. We are Life. We are Light. We are Love. He is *risen* within us and we can each know ourselves and conceive of ourselves, just as He does, as fully human and fully divine. The extraordinary cosmos mysteriously manifests itself in the humble ordinary forms of ordinary people, like us, living seemingly ordinary lives.

Is he *risen*? Is he truly *risen*? That question can only be answered experientially. We can feel Him in our own spiritual hearts as we join His risen world in the elevating spiritual current, of the millennial long refrain, of all the human hearts of all time. They are singing, proclaiming and celebrating the deathless human/divine spirit. *We Shall Never Die*. The song of Life never ends. ☉

DYING TO LIVE

by Barbara Cook

Jesus the Christ, speaking to his disciples and all of us said, “Unless a seed falls into the earth and dies, it cannot bear fruit. But if it dies, it will bear fruit in plenty.” Events that followed revealed that he was not simply speaking about the propagation of plants. He was the seed of a new humanity. He died, and he rose from the dead on the third day just as he had told his closest disciples he would. Resurrected, he talked, taught, ate and walked through walls. He told Thomas, who didn’t believe, to put his hand in his wounds. All of this is utterly unbelievable to the reason of the mind. But God, Divine Love, is totally unreasonable. St. Paul said if you don’t believe in the resurrection then you might as well not follow the Way, because the entire offering is based on that, and it is a sign to us of the more life that awaits the humanity that is willing to follow Him.

Following Him meant exactly giving up the false life, our seed life, by taking up our own crosses and dying every day to realize the unsuspected fruit of our own resurrected, true life. Christ

within each of us calls us to follow Him, “If you wish to save your life, you must lose it, but if you lose your life for my sake you will find it.” He is calling us to participate in the divine mystery of the seed. In our extremely materialistic culture we have a well-developed fear of death, so the idea of letting go of “my” life is definitely counter-cultural. But as we follow Christ on the Way we learn to let go, bit by bit, of what Fr. Thomas Keating calls our cobbled together, home-made self, the false-self, the self that is self-centered and selfish. As we learn to relax and let go of our clinging to that false-identity, we gradually die to the old ways. While the ever-growing gifts and fruits of the Spirit slowly make their appearance in our experience.

The best way I have found to follow Christ in picking up our own crosses and dying to the false-self is the amazing gift of Centering Prayer, in which we give ourselves to God for a half hour twice a day. We die to our identification with mind chatter, our need to do, and just be with the Beloved. The God seeds inside

us are warmed and can begin to grow and the emotional junk of a life time begins to evacuate. Day by day we are renewed and made whole.

When we go on a multi-day retreat, we give ourselves to God for a full week or more. That’s like doing a whole year’s worth of prayer. We get to know the Beloved more and more deeply and the dynamic healing and rebirth he promises are revealed. Our intimacy with God increases, as does trust and our own sense of simple joy. In this simple prayer we are dying to our false-self and its infantile programs for happiness that we adopted in childhood that haven’t worked and won’t work, because they aren’t truth. We are made for peace, joy, unconditional love, wisdom, understanding, knowledge, faith, patience, fortitude, and we are made to bear Christ into this world. As we die to the “me,” the Christ begins to grow in our being.

John the Revelator says that if we endure this death, we need have no fear of the second death, the passage from this plane of

SEEDS

Sometimes pleasure can be the death of joy,
and so the man who has tasted true joy is suspicious of pleasure.

But anyone who knows true joy is never afraid of pain
because he knows that pain can serve him
as another opportunity of asserting—and tasting—his liberty.
... joy is above pain and does not feel pain.

And that is why it laughs at pain
and rejoices in confounding pain.
It is the conquest of suffering by disinterestedness,
by unselfishness, by perfect love.

Pain cannot touch this highest joy—
except to bring it an accidental increase of purity
by asserting the soul's freedom from sense
and emotion and self-love,
and isolating our wills in a clean liberty
beyond the level of suffering.

Thomas Merton, *New Seeds of Contemplation*, pages 259-260.

existence. I've been privileged to accompany several brothers and sisters in Christ in their fearless passage and I can say, without reservation, "that is true!" Their passing was, as tradition tells us, simply slipping off one worn garment for a new one. There was abundant love and overflowing Grace filling the rooms where they passed.

As we die to our self-centered selves, we rise with Christ and since we are all one humanity, we don't do this for ourselves alone but, like Christ, for all of the human race. A

friend recently asked, "How can we stop the craziness that seems rampant in the world? Surely it is not by being silent!" But that is it exactly. I have staked my life on it. By being silent and dying to my selfishness and inner violence and rising with Christ, I make a change that matters to everyone in our global family. We share in the same madness and we can share in the same whole-making in Christ.

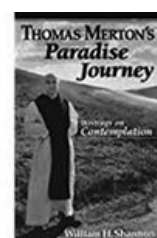
As Lent turns into Easter may there be an abundance of resurrection Grace for all who are dying. ☺

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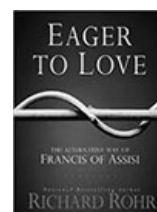
SUGGESTED TITLES FOR APRIL



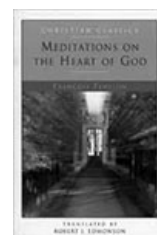
Talking With God
by Francois Fenelon



Paradise Journey
Writings on Contemplation
by Thomas Merton



Eager to Love
The Alternative Way of Francis of Assisi
by Richard Rohr



Meditations on the Heart of God
by Francois Fenelon

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By means of
sacramental communion
He consummates the union
of the faithful in Himself
through an individual and integral
contact of soul with soul,
flesh with flesh;
He instills even into the matter
of their being, side by side
with the imperative need to adhere
to the mystical Body,
a seed of resurrection.
Christ, as does all life,
anticipates our desires and efforts:
in the first place through the
Incarnation, and then
through the Eucharist,
He organizes us for Himself
and implants Himself in us.
But, again, as all life does,
He demands the co-operation
of our good will and our actions.

Pierre Teilhard de Chardin,
Writings in Time of War

I find joy in Your testimonies ... Glory to God forever! Psalm 119:14

ANNUAL AIM: COMMUNION

RESURRECTION by James Grove

The risen Christ, the cosmic Person, emerges as the world
moves from imperfection to greater perfection,
from immaturity to greater maturity, so that humanity might learn
to bear the mystery of its loving God and thus come to the fullness of life.
Sacramental life then becomes a public “yes” to the christification of the world
... a willingness to be “membered” to Jesus in costly love and to create fields of
compassion and peace ... a choice to focus one’s mind on the whole,
to think according to the whole, and to act according to the whole (ethics).

Ilia Delio, *Making All Things New*

How does one live a Resurrected Life? And, what is the experience of a Resurrected Life? These are the questions that arose when I was invited to pen this article. Bernadette Roberts in *The Real Christ* says, “as it went for the incarnate Christ, so it goes for everyone.” Bernadette also says that, “the incarnation and the resurrection are opposite sides of the same coin.”

At this point in my journey what still stands out is that if “life is a school” to be able to get to

“know thyself,” then that’s where I can find my true meaning and experience my life as precious and valuable. Otherwise I find that I miss all the wonder and beauty in life and stay stuck in the density of judgement, criticism, and violence that feeds the negative life, the dead man. A perfect example is as I am sitting here typing this article two doves are rebuilding their nest in a tree right outside my home office window. There are more than enough twigs, leaves, etc. for them to build with and some of the plants

are in full bloom. All life is full of beauty. Abundance is everywhere one cares to notice. Take the idea of connecting the evolution of man with the resurrection as a method for that transformation to happen. We all have similar opportunities to work with on our journey, some just more intense than others. Mine have been around relationships, money, career, vehicles, clothing, food, alcohol, physical, shopping and my son. My journey started about 32 years ago with John Bradshaw, Unity Church, and Jim and Tammy Baker. Then in 1988, my son was born with autism and I found the Church of Conscious Harmony, which moved my spiritual journey to a new level.

In Parenting

The gift that has come from the relationship with my son is that he gives me immediate feedback based on my actions, in the moment without hesitation. He's not interested in avoiding a situation or leaving due to any negative words, behaviors, or actions when we are together. When I get angry, yell or overreact, he is the teacher that God has sent to assist in waking me up. These moments of consciousness are delightful and yet humiliating to the false self. Many of his responses just crucify me, including: "You have an anger problem. You need to make an appointment with Tim. It's only

a machine, why are you yelling at it. You said you were going to stop swearing. I am doing the best I can, please lower your voice. Dad, you are doing the best you can." I still remember these shocks—in observing how small I feel in Being for these outbursts directed at a child. While being friendly and caring to most everyone he meets, he just continues loving me and has helped me die to those parts that are unloving and self-righteous. He has and still is providing me with many opportunities to experience a resurrected life of freedom now, to witness "The New Man" in the present moment, which is where he lives and has his Being. Most recently, he made the comment in the middle of a phone conversation, "you have the Devil in you." Yes, another opportunity to "know thyself."

With the Boss

Throughout my career in the restaurant and the construction businesses, there has been one common thread that has stood out the most—I didn't respect my bosses unless, of course, I liked them. I believed I was better than they were at everything and acted and spoke accordingly with that belief and attitude. A side note to the journey for me has been that more and more I already know the outcome of events before they are finished. The gift in that knowing

is that I can participate in the present without anxiety or fear because "everything is happening in the only way it can." I can enjoy the process and be in a deeper relationship with the other person. About 10 years ago when I was interviewing for a forthcoming employment opportunity, I realized that I would have a large learning curve and pretty much be on my own in learning the business. I also knew that I had all the spiritual practices, tools, and the Church community as the foundation for this work. Of course, many opportunities were presented for transformation into "new wine." Fast forward to December 2015 when the company was going through some dramatic changes financially. As time passed, I started to think of leaving and had planned to give my notice, but the other supervisor gave his notice before I did. I knew then that it wasn't my time. It was another opportunity to see how in the past I might have left anyway knowing that it would put the company under duress and serve as punishment for the compensation changes. As the year moved along, I continued my prayer for discernment and for an obvious and unmistakable sign when it was time to give my notice. During this time of discernment what came to me was that all those financial changes happened for the good of all parties concerned.

The owner was able to keep his company going and I was being prepared to take on all of the expenses associated with starting my own business at a manageable pace. The week I was planning to have the conversation with my boss, I watched how it unfolded perfectly. My prayer was that I present my notice in a positive way. To be only what I was for, not what I perceived as wrong or what I was against, that meant in body, words and emotions. Through the gift of Grace, I had 30 minutes at my desk to journal and a few moments in prayer before I was moved to rise, walk into his office, close the door, and ask for some time. He said sure, "What's up?" I informed him of my plans to start my own company and gave a one month notice. We ended up talking for two hours about our appreciation for one another, what we had learned and what we were going through in our lives at the present time. I left experiencing a newly found respect and appreciation for my time there. Not one negative thought or emotion came in during that conversation. I would say that something was crucified and I experienced forgiveness and the resurrection of the human life. Maybe the past was healed, through that one meeting, with all my previous bosses who had to bear all my unpleasant manifestations that came with my role as employee. Divine order

and timing is present always, it just takes the Light of Christ (Consciousness) to recognize it.

In Relationship

Several years ago, I had been visualizing and praying for a relationship with very specific parameters. Finally, the lights came on and I said to God, "You know what's in my heart and what I need. I'm giving it all over to you." One day, I arrived at a client's home and there stood a member of the CCH community. Her comment when she saw me was "My Being has drawn my life." God had answered my prayers and we began dating shortly thereafter. What I realized when I got into the relationship is that all the practices and church groups that I engaged in had loosened up and revealed many past programs for happiness that hadn't had any recent events to trigger them, specifically, the needs for security and survival; power and control; and affection, esteem, approval, and pleasure. I am laughing right now at the belief that someone could fulfill any of these needs in a lasting way. *Seek ye first the Kingdom of God and his righteousness and all these things shall be added unto you*" (Mathew 6:33). I can feel back into that relationship and remember how frequently those programs were present resulting in negativity and an unwillingness to change. Again, what was revealed by these old patterns was that I

was given the opportunity to feel that energy in the body and receive the gift to know thyself. It wasn't anyone else's job to make me happy. As the Work of Inner Christianity says, "when I am negative, it is my own fault," even though in many of those moments I wanted the other person to change and relieve my "useless suffering." Those are the moments to remember that the other person is bearing my unpleasant manifestations in the best way they can. "Thank you, thank you, thank you. You owe me nothing. I owe you everything." We are still friends to this day because of CCH and all it has to offer for our transformation.

Another experience in relationships is the one I currently have with my son's mother. Going from an ugly divorce 25 years ago to her working for me in my home office on my new business is a miracle. We get to practice the Work of Inner Christianity together at work as well as with and for our son. "All things are possible with God."

In Communion

I believe the most important thing we participate in is sharing in Communion through the serving and receiving of the Eucharist during Church services on Wednesdays, Fridays and Sundays, and on the retreats that are sponsored by CCH. I have been fortunate enough to be a participant on the Communion

Committee for many years and have prayed, prepared the Host and filled the Chalices, which is a tremendous gift in itself; along with leading the Elements into the Sanctuary and setting the Communion table is beyond time and space. I can tell you that holding a Chalice and offering the Blood of Christ to one another provides an experience that is difficult to describe. It's a full-bodied, three-centered experience that opens the door for healing at all levels. I have been gifted recently with serving the Body of Christ for the Sunday Service and had a powerful experience that reveals the receiving of the Eucharist is beyond measure. As I was holding the paten and looking down at the pieces of bread and looking up at the line of people waiting to receive and hear "This is the Body of Christ." and consume the Host, I saw all of humanity on the plate, and all of humanity coming into unity by each individual human taking the Host into their body

and into the one body of Christ. That moment changed me deeply. I experienced the Truth that we are One, and that knowing has stayed with me for which I am Grateful.

By Grace

There has been one constant for the last 25 years of my life. I have continued to show up at the Church of Conscious Harmony and receive the "Grace of God" by practicing Centering Prayer, attending and serving on retreats, and studying the teachings offered here. I now have real relationships with real people because of it, and I can take care of a dog, keep plants alive, and be a better Steward of all and everything that is in my life. What a gift and a blessing this Community is and we are to one another and the evolution of the Human Race. "God's Love has always met and will always meet all my needs ... and how blessed we are to simply remember God." Amen. ☸

MULTI-DAY CENTERING PRAYER RETREATS

May 14-15	2-day	\$100*
June 16-25	10-day	\$725**
Aug 12-13	2-day	\$100
Aug 14-23	10-day	\$725**

2-day commuter retreats at CCH include meals (sleep at home).

*Can be combined with the May 13 retreat at CCH for a 3-day commuter experience.

**Double room occupancy rates at Cedarbrake Retreat and Renewal Center.

Contact the office for further information and registration.



THE CHURCH of CONSCIOUS HARMONY

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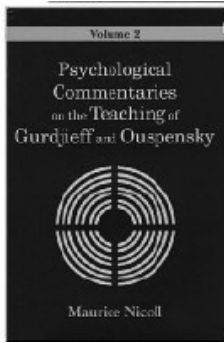
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My Father is still working, and I also am working. ~John 5:17

THE WORK

OF INNER CHRISTIANITY

A RESURRECTION FROM WHAT WE DIE TO

We were speaking today ... about what Easter means, what this concrete symbol of death and resurrection signifies. We were taking it from a small understandable level and not in the great terms that it implies in the case of Christ. I asked: "What does it mean to die to something quite small and how could we understand that there always follows a resurrection from what we die to?" Supposing that you in a quite real way do not go with some negative thought and its resultant feeling, supposing you really sacrifice this from yourself, from your own will, from your own understanding, will there be any resurrection? Does it mean that the same thing will recur again in the same form? Surely that would not be resurrection but recurrence. The idea of resurrection is that the quantity of force that would have gone into this thing and has been genuinely sacrificed from one's deepest will, reappears in a

higher form—that is, on another level—and begins to create another form of insight, of understanding, of feeling, of thinking, just as an egg can become something quite different, on a quite different level.

... The idea of sacrifice runs through all esotericism and is implicit in all the Work teaches. But the Work very rarely mentions the word sacrifice, speaking instead of transformation. If you genuinely forego something it has a chance of transforming itself. Now, to speak more coarsely, we often receive eggs, but never take the trouble to hatch them into chickens—in fact, we usually eat our eggs—i.e. identify. The egg is an excellent symbol of a new life. ... Easter is not something that comes once a year but something that comes every day: the idea of non-identifying, or dying to some typical mechanical reaction, is a daily possibility, and if it is done in a spirit of a kind of gaiety, it will gradually result in

energy being transformed daily and passing upwards to another level which after a time will become a distinct experience to you.

... every effort of work increases force, as you can see quite plainly in the Octave that starts from Self-Remembering, whereby higher energies are produced in us. The sacrifice of Christ was to decrease entropy for humanity. Meeting physical danger can be thought of as entropy because it is a sacrifice of physical life. A man may do enough that way and then come to the point where he has to decrease entropy in other ways by other kinds of work on himself. All kinds of mechanical sacrifice, if done in the right way, lead to an evolution ... But this is not enough for the full evolution of Man which is a definite path marked by definite stages—in fact, a way that has to be traversed by everyone who seeks to evolve internally and so fulfill his real meaning of creation.

GUIDELINES FOR CHRISTIAN LIFE, GROWTH AND TRANSFORMATION

Fr. Thomas Keating, in his seminal work
Open Mind, Open Heart,
lists 42 principles underlying the Christian spiritual journey.
Fr. Keating asks that these principles be read according
to the method of Lectio Divina.
One principle will appear in these pages each month.

33RD GUIDELINE



Chastity is distinct from celibacy,
which is the commitment to abstain from
the genital expression of our sexuality.
Chastity is the acceptance of our sexual energy,
together with the masculine and feminine qualities
that accompany it and the integration
of this energy into our spirituality.
It is the practice of moderation and self-control
in the use of our sexual energy.

Just in the same way mechanically
we have to pass through stages of
ordinary development and become
Good Householders as a necessary
starting-point . . . we have to have new
knowledge and begin to make efforts
in a quite different way.

. . . if you practice dying to things
in yourself gradually you will become
more and more alive. This certainly
sounds very paradoxical. Now if
you have an aim and try to keep
it, if only for a short time, will you
increase available energy or potential
in yourselves? Yes, you will, if you are

sincere in your efforts, because you
will be going against your mechanical
selves in a particular direction—you
will be making Work-effort which
gives force.

Now I will only add that all
this is to do with the idea of Easter,
which the idea of a sacrificial rite,
with the idea of killing something
which rises again transformed,
different from what it was. Ⓜ

Maurice Nicoll, *Psychological Commentaries on
the Teaching of Gurdjieff and Ouspensky*, pages
663-665. For more information and experience
with these teachings, you are invited to attend the
Work of Inner Christianity class held Thursdays at
7:30 p.m. at The Church of Conscious Harmony.

APRIL CALENDAR

Visit consciousharmony.org
for a complete listing of events

SPECIAL EVENTS

Fr Carl - Presentation on the Four Consents
Apr 3 7:30-9 pm No cost.

Annual Meeting
CCH Community & Board of Directors
Apr 23 following Sunday Service

HOLY WEEK

Taize Service
Apr 13 7:30-8:30 pm

Good Friday Service
Apr 14 noon-1 pm
(Office & Bookstore closed after service)

Easter Prayer Vigil
Apr 14 1 pm-Apr 16 7 am
(in Theosis Chapel)

Half-Day Centering Prayer Retreat
Apr 15 8:30 am-12:30 pm
\$10 No need to pre-register

Easter Sunday
Sunrise Emmaus Walk 6:30 am
Lectio Divina 7:30 am
Easter Potluck Brunch 8:30 am
Worship Service 10 am
YES Program 10 am

MONTHLY

1st Sundays
Bring non-perishables for Caritas

Gurdjieff Music
Apr 18 7:30-8:30 pm

WEEKLY

Sundays
Lectio Divina 8-9 am
Worship Service 10-11:30 am
Youth Program 10-11:30 am
Fellowship 11:30 am

Wednesdays
Prayer Circle 10:15-10:45 am
Contemplative Lunch noon-1 pm
Contemplative Communion Service 6-7 pm

Thursdays 7:30-9 pm
Work of Inner Christianity Class

Fridays 7:30-8:45 pm
Devotional Service

DAILY

Mondays-Fridays 7-7:35 am
Centering Prayer Service in Theosis Chapel

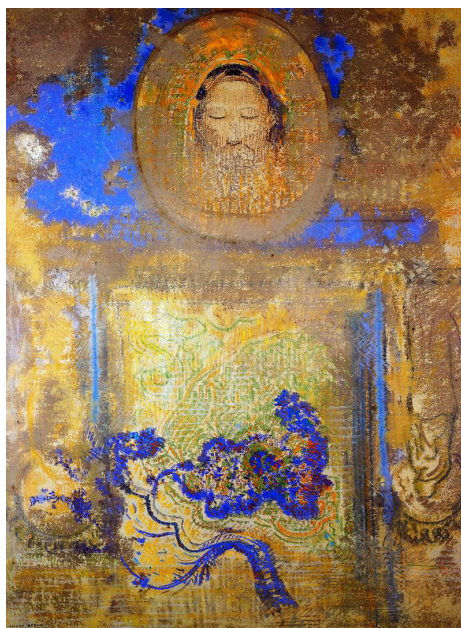
Recordings of services are available
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Evocation, Odilon Redon

*I have given you a model to follow,
so that as I have done for you,
you should also do.*

John 13:15

THE GRACE OF RESURRECTION

What are the expressions of the Resurrection that begin to emerge into daily life as the result of our opening and accepting the Paschal Mystery which is both a death and a resurrection? There is this growing sense of the unity of the human family, of the closeness of God, of our own human weakness and capacity, without grace, for any evil and, at the same time, a boundless confidence in God ...

I put all my trust in You.

All my hope is in You.

It's this balance between our awareness of weakness and trust in God, the awareness of our nothingness and trust in the goodness of God, the awareness of our sinfulness without being at least the discouraged.

This is the contentment or the peace that the grace of the Resurrection is trying to teach us. Then everything, every creature, becomes one's teacher.

Thomas Keating, from a talk on the Paschal Mystery, Austin, Texas, Lent 2007

