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THE MARK

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



HOLINESS OF BEING

NOTHING LACKING

BY TIM COOK

In 1979, I was a recently divorced pilgrim, living alone in a beautiful home right on the greenbelt at the foot of Flagstaff Mountain in Boulder, Colorado. I was out of debt for the first time since graduation and no longer employed in the corporate world. I had a job I loved and made good money but most importantly I was living like a yogi monk. My daily practice included getting up at 5 a.m., strong coffee, study of spiritual texts from several traditions, 30 minutes of hatha yoga and at least 30 minutes of meditation. In short, I was in heaven. I was discovering my deeper spiritual identity that had previously been hidden, covered over by all the emotionally negative reactions that had characterized my entire life until that time.

Those reactions to parents, principals, police, politics, partners, promotions and penury were absent for the moment and my only real relationships were with my three Old English Sheepdogs, "The Girls," Dusty, Lou and Nancy. There was nothing to react to there, they adored me and I adored them. I also had two lesser relationships

with inanimate objects that also pleased me immensely and gave no cause for reaction. One was with my motorcycle. I really loved that bike and since I had no car it was not experienced as a luxury. My stereo system, on the other hand, was outrageously good, yet it also didn't seem like an indulgence to my simple yogi lifestyle because it hadn't cost me very much money. I had taken a job in a high-end stereo store, Profound Sound, as transition employment between corporate life and ministerial school. I loved it and the easy access it provided to magnificent sound.

One beautiful morning I was sitting on my couch studying the workbook from, *A Course In Miracles*. I was on Lesson 2 which began, "I have given everything I see in this room all the meaning it has for me." What happened next changed me forever. I glanced up from my book and my eyes landed on my Dalquist DQ-10 stereo speakers, three feet wide, two feet high with five speakers in each sleek enclosure. They gave me incredible sonic perfection. The realization that came with that glance was stark and unavoidably

evident, "I give these speakers all the meaning they have for me..." I saw clearly and deeply that even though they gave great sound and even though I did enjoy the musical fidelity they provided; underneath all the "reasons" they were really just big, masculine biceps.

The twin, 110 watt each, Harmon/Kardon hk775 ultrawide monophonic DC amplifiers and my Conrad-Johnson PV6 vacuum tube pre-amp soon revealed themselves as disguising the very same underlying motive, "Me, Big, Powerful!" The process was more than a little embarrassing but also exhilarating in the freedom from pretense that it promised. That chance discovery of deeper, more primal motives then proceeded on through all my possessions as one after another revealed that there was a lot more to my preferences than I had ever suspected. I won't even describe the surprise I got when my attention was drawn to my two Nikon camera bodies with their extremely long zoom lenses. "I give this equipment all the meaning it has for me..."

Now don't get me wrong, I really did appreciate and enjoy listening closely to fine music

and seeing beauty through photographer eyes, but now I could clearly see much more deeply that there was a lot more to me and my self-image than I could ever have guessed. Until then I had thought that the “meaning” of anything was inherent in the thing itself. I liked fine things and I thought their meaning came with them. They were fine things that had their own inherent meaning and I just liked them. They were things, they were fine and they were mine. I was humbled as I began to see that even though I did enjoy them I had actually been using their ownership and possession to shore-up my self-sense and attempt to compensate for deep feelings of shame and unworthiness in my inner world.

The first clue to these discoveries had come a year earlier, on my first-ever retreat at the Lama Foundation. As we talked during our one-on-one interview, Ram Dass had asked me, “Why do you feel so unworthy?” I had no idea what he was talking about. A few days later I had an interview with Stephen Levine, the co-leader of the retreat. During the course of our discussion he too

asked me, “Why do you feel so unworthy?” What? Again I had no idea what he was talking about. I trusted both of them and I knew they were seeing and experiencing something in my personality that was invisible to me, but I could not yet see it directly for myself. As far as I knew I felt great about myself, but I was only 10 years into my spiritual journey and I had no idea how much I had yet to open up and grow and how much there was to learn about Life and about my life. We never know how much we don’t know until God reveals it to us with His own perfect timing as He did for me when He pulled open the curtains of my consciousness on that beautiful morning in Colorado.

Whatever feelings of security, worth, and power I had been deriving from the real meaning I had been giving to these important possessions had actually been unconscious attempts to add form to my deep feelings of incompleteness and shame. I saw too that even my spiritual practices were an attempt to add something, an achievement, for my identity that I felt would improve me. But as I said, we never know how

much we don’t know. After these many years of practice, I’ve learned that the spiritual journey is not one of adding anything to anyone. In fact, it’s quite the opposite, a process of subtraction. Through the process of transformation that follows from our daily practice, we learn to notice and gradually release the accumulations of possessions, prizes, posturings and poses that we have unconsciously identified with. We discover instead that we were never lacking anything at all. Our attention was just giving too much meaning to externals and not enough meaning to the simple, undeniable fact that we are always creations of God, the Good whose Love is the very core and true identity of our very being itself. It is not in what things we have or what we have or haven’t done that give our lives worth, dignity and meaning.

The spiritual journey blows our cover to let us experience the beauty of Love’s Spirit within and gives us new eyes to see through everyone else’s coverings too. In our deep hearts we are all beautiful, simply beautiful. Everyone is, because that’s the way God creates

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UNCOVERING OUR GOODNESS THROUGH CENTERING PRAYER

BY BARBARA COOK

In the Genesis account of the creation of the world, God gazes at each level of His creation and calls it “good.” When He appraises His human creations, He calls them “very good.”

Fr. Thomas Keating points out that we make a quantum leap on our Spiritual Journey when we come to the point of accepting that basic core of goodness, which is inherent in all of God’s creation. It’s more than just a vague knowing about it or generally believing it while living in denial of some of the less-pleasant aspects of ourselves. It is more than an egoistic sense of our personal goodness. It means actually *understanding* just how vast and penetrating God’s love is for us while seeing ourselves as clearly and openly as He sees us and letting Him love us just as we are.

That God-created basic core of goodness is never spoiled by any of our outer, unconscious thoughts or deeds, because it can never be separated from God and His infinite goodness. This is the goodness that we discover for ourselves as we open to His healing, unifying

love in silent prayer. In Centering Prayer we have been given a simple and reliable method to let go of our false, separate-feeling self and sense of unholiness, and rest in the reality of God’s gracious love for 20 minutes, twice each day.

This simple prayer is a radical course in healing, love and goodness. Our regular participation lets us share in changing the world by allowing God’s blessed goodness to express, one being at a time. ☸

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everything in all of Creation. Underneath it all we are beauty itself, Spirit.

Each one of us gives our own lives and all of life all the meaning it has for us. Our lives are unfolding works of living art and each day provides us new opportunities to offer back to our Creator our gift of love and beauty, the meaning He gives Creation.

Our identity is secure in God. We lack nothing because we are His humans, simply being. Our worth and our meaning is invisibly within us in the limitless Good and endless Creativity of God. ☸



**THE CHURCH of
CONSCIOUS HARMONY**

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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.

37TH GUIDELINE

Hope springs from the continuing experience
of God's compassion and help. Patience is hope in action.
It waits for the saving help of God without giving up,
giving in, or going away, and for any length of time.

SEEDS

In our being there is a primordial *yes* that is not our own; it is not at our own disposal; it is not accessible to our inspection and understanding; we do not even fully experience it as real (except in rare and unique circumstances). And we have to admit that for most people this primordial "yes" is something they never advert to at all. It is in fact absolutely unconscious, totally forgotten.

Basically, however, my being is not an affirmation of a limited self, but the "yes" of Being itself, irrespective of my own choices. Where do "I" come in? Simply in uniting the "yes" of my own freedom with the "yes" of Being that already *is* before I have a chance to choose. This is not "adjustment." There is nothing to adjust. There is reality, and there is free consent. There is the actuality of one "yes." In this actuality no question of "adjustment" remains and the ego vanishes.

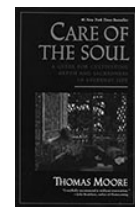
Thomas Merton, *Seeds*, pages 12-13.

CCH BOOKSTORE

SUGGESTED TITLES FOR AUGUST



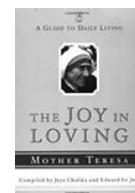
The Way of Perfection
by St. Teresa of Avila



Care of the Soul
*A guide for cultivating depth and
sacredness in everyday life*
by Thomas Moore

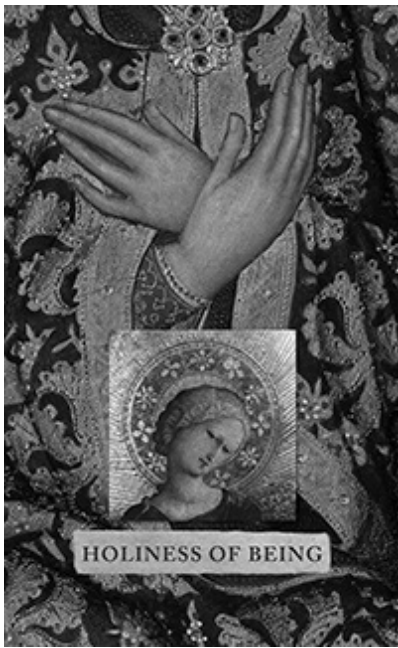


The New Man
by Thomas Merton



The Joy in Loving
A guide to daily living
by Mother Teresa

Bookstore and Library Hours
Open Monday-Friday 9 am-4 pm
Sunday 9:30-10 am & 11:30 am-noon



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

ANNUAL AIM: COMMUNION

HOLINESS OF BEING BY HANA LEI MYERS

For holiness is a perception
of the presence of eternal Being
within the temporal world. ...
that through the world
of temporal existence
there streams the breath
of the presence of eternal Being. ...

*Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest!*

Is it conceivable that a being who
experiences his true Self as
belonging to the eternal hierarchies –
whether a human being, an Angel, or
some other hierarchical being –
would not join in this heavenly chorus?

For, this chorus signifies
acknowledgment of the highest good,
the loftiest gift that there is
and that could be thought of
in the whole universe,
namely, the bestowal of being,
with its endless possibilities
for unfolding –
given by the
Bestower of being, God.

Valentin Tomberg, *Lazarus, Come Forth!*

How do you describe a
human's spiritual center, holiness
of being, soul, spirit, and oneness?
For me, it's discovered in silence.
The simplicity is breathtaking yet
it's profoundly difficult as we live
our lives in a world filled with
distractions. We're naturally
curious beings that ponder the
nature of our existence. Who
am I and what am I are common
self inquiries.

26 years ago, my parents saw
a sign. Literally, it was a sign
that read "Church of Conscious
Harmony." The name spoke to
them, and at 10 years old my
journey at CCH began, along with
my seven-year-old brother and
infant sister. My earliest memories
are of times spent in the nursery

when CCH was located on Steck
Avenue. I loved being a helper
there with my little sister; but when
she got older and moved to the
toddler classroom, I became more
involved in the pre-teen/teen class.
We were all in one room and quite
frankly it seemed many of us had
been dragged there by our parents.
The Godly Play program didn't
yet exist at CCH. We had many
loving and wonderful teachers,
but I distinctly remember the day
Don Hale stepped into my life.
His enthusiasm was infectious and
my closed, skeptical mind started
to open. A shift occurred in me,
and suddenly I was the one eager
to go to church. Around this time
the first Teen Group formed and
something within me said "yes"

even though my teen self wanted to reject anything I was being told to do. I remember journaling together in the evenings by candle light in the Steck Sanctuary, slowly opening our young hearts to unconditional love.

Then, when I was 15 years old, Don presented our group with an opportunity. A community near Taos, New Mexico was devastated by a fire and in need of helping hands. With our minister Tim's strong connection there, this would be our first ever Teen Pilgrimage to the Lama Foundation. We were all filled with excitement for this special new opportunity. In the summer of 1997, the long-awaited day of departure finally arrived. The night before, Tim and Barbara blessed our small group of pilgrims, including five teens and three adults, and gave each of us a necklace. Then we were all going to spend the night at the church before leaving early in the morning. I bailed on the sleepover to be at my best friend's birthday celebration, in true teen fashion, and returned in the early morning hours. I truly struggled to balance the pressures of teen life while trying to hear the

deeper call to God. Today I am so grateful that I listened to my heart. I heard the still small voice, and answered its invitation to make the journey. That trip to Lama changed my life, and the entire course of my existence.

Many amazing revelations occurred along this journey. As we traveled west, the landscape transformed. It was the first time I can remember visiting mountains, and I was in complete awe of their beauty and majesty as the earth rose up all around us, wrapping us in its embrace. We arrived at dusk near Sante Fe to stay with friends from CCH. We were welcomed with open arms and rolled out sleeping bags on their floor. After getting settled, we all went out to watch the stars. I've grown up in the city, so to bear witness to a blanket of stars covering the sky left me speechless. It was more stars than I knew existed. Galaxies upon galaxies of bright, glimmering light filling every inch of sky. And we were all touched, mesmerized when a shooting star went by. In Ilia Delio's words, "the Cosmic Christ unfolds in and through us," and I felt it that night.

I had no expectations of Lama. We pulled slowly up the long gravel road. Prayer flags waved in the wind. On the mountain, every moment was another new discovery as we became one with the Lama Community. We gently fell into Seva, learning the way of the land. We ate fantastic vegetarian meals prepared with lots of love and the freshest ingredients grown in the beautiful gardens. I sat journaling in the huge window of the main Dome watching rainstorms approach in the distance trying to articulate a fragment of the wonder that filled my heart. We partook in Shabbat, water blessings, singing circles, meditation, dances of universal peace, heart sharing, chanting, and so much more. I noticed that everyone on the mountain looked deeply into my eyes when speaking, and even upon meeting for the first time. I had never seen beyond the eyes, so deep into the soul. With each experience my resistance diminished and I began to feel my heart radiate with joy.

One day, I decided to take a walk up the mountain by myself. I meandered through the trails, taking in the smell of fresh flowers

and the sounds of the breeze going through the trees. A breathtaking view of the valley below stopped me, and I decided to sit down. I closed my eyes and sat in silence. Everything suddenly seemed so simple, pure and true. It was in this moment that a feeling of peace filled my body completely and I felt the true presence of God. The essence of my being was rock solid like the mountain I sat upon. My faith, in those precious minutes became unshakable. Be here now etched into my heart.

After graduating high school, I went away to college, lived abroad, and eventually found myself back in Austin. After many years, lifetimes it seems, everything has come full circle. Don Hale approached me about teaching the teens. At this point I had watched the beauty and spirit of Lama hold numerous groups of teens, including my brother and sister. However, I was still terrified of teaching teenagers! In Ram Dass' book *Be Here Now*, he says "whenever you're ready you'll hear the next message." So after a year trying on a new role of teaching at CCH, I committed. Suddenly, I was a part of guiding our youth, and witnessing teens that sit for 10-15 minutes in silence practicing Centering Prayer. I was shocked! I watched as Godly

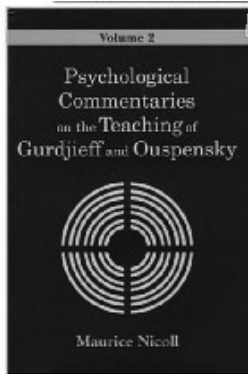
Play was introduced and how it transformed the space to allow the children to rest in what was coming up for them individually. Taize was brought into the church and eventually it trickled to the Teens and Pre-Teens. Tears would roll down my face as I watched these sweet young souls sing out and let down their guards in our holy, sacred space.

What I discovered in silent moments on the mountain continues to draw my being. I have since made the return journey to Lama five times. The first experience was so transformative; my heart yearned for more, so I returned as an older teen. Then again as a newlywed to share the powerful presence with my husband, as a pregnant chaperone with the CCH youth, and once more with our daughter, Siena, then 18-months. We gazed at double rainbows over the mountains, hiked, did Centering Prayer for 20 minutes every morning and evening, practiced Seva, danced and sang, and we shared the gift of Taize for the first time with the residents of Lama.

As I'm completing this article, we are here yet again with my three- and six-year-old children for Lama Foundation's 50th Anniversary. As I look out onto the wide expanse of mountain ranges, trees, forests

and wilderness, I am reminded of the simplicity and mystery of it all—our holiness of being. It's mind blowing to think how *Be Here Now* reached the hands of Tim and led the way for new generations to come into the truth of their being on the magical mountain at Lama. On this trip, 20 years since I first stepped foot at Lama, I watch my kids run next to the wildflowers with their joyful hearts, hair in the wind and echoes of laughter floating in the air. We witness rainstorms in the distance, rainbow colors of sunset and everyone's eyes full of light. This is childhood unplugged. We are free spirits playfully dancing and singing around the land, prayer flags blowing overhead, guiding us all to our inner home.

Another fundamental lesson I've learned from Lama is the importance of community. I extend immense gratitude for our CCH fellowship that includes people from near and far. We support each other on the journey of life and growth and everything that comes untangled and transformed in the process. Our community gives back in countless ways to each other. I now watch my young kids being taught by our community, and I have complete faith that they too will sit in silence one day completely open to the vastness within, our Being. 🌱



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

THE WORK

OF INNER CHRISTIANITY

COMMENTARY ON BEING

Work-Idea


The Work says that a man is not his size or his strength or position or wealth. It says that a man is his understanding. There are two sides to him in this respect—the side of his Knowledge and the side of his Being. According to their development, this forms the man's understanding. A man with great knowledge and bad being will *understand* very little or nothing and *misunderstand* very much. A man with poor knowledge and good being will again *understand* little but he will understand what he knows. Theoretically, full development of Knowledge and full development of Being will give the fullest possible understanding. Man can have many other things belonging to this subject. To-day I will make some commentaries on *Being*.

Commentary

In a recent question it was asked: “Can Essence be related

to Being? Would it be correct to say that Essence is the part of our Being which can be developed?” From a general point of view the Being of a mechanical man is all that he is—that is, his False Personality, his Imaginary ‘I’, his acquired Personality, with all his different contradictory ‘I’s, his attitudes, prejudices, etc., and his undeveloped child-Essence. In reference to being many ‘I’s or “egos” the Work therefore says that the Being of a mechanical man is characterized by multiplicity. He is a many, not a one—but he imagines he is one and the same all the time and this illusion is produced by Imaginary ‘I’ which blinds him. This is the state of Being of mechanical man. It is not real Being. A conscious man has real Being. ...

The Being of Conscious Man is characterized by unity—by the possession of Real ‘I’. So his Being

is quite different from our Being. He has real Being in comparison to our Being. A conscious man, because he has real Being, *can do*. Having unity, having Real ‘I’, he has *one* will, and, having *one* will, he *can do*. In our case, having many different ‘I’s in our Being, we have not one will, but many wills. Each ‘I’ has its own will and each ‘I’ wills what it wants and what one ‘I’ wants is different from what another ‘I’ wants. Having therefore no Real Will because we possess no Real ‘I’, a mechanical man *cannot do*. ... In a conversation with Gurdjieff a question was asked by Ouspensky about what he could do. Gurdjieff said: “You can do nothing. In order to do a man must be.” I have often reflected on this remark which, like everything Gurdjieff said, is strange, brief, and arresting. In order to do a man must first be. 

Maurice Nicoll, *Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky*, pages 1120-1122. 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.

A TEN-DAY VACATION WITH THE BELOVED

BY HELEN VON MILLER

But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what you have done in secret will reward you. (Matthew 6:6)

At Cedarbrake Retreat Center in Belton, Texas, amazing beauty in nature assures us that God is here, in every tree, every flower, every creature living in these woods—the owl hooting at night outside your window, the Monarch butterflies that hover over the flowers, and the variety of birds at the bird feeder. I am reminded to say “yes” to every situation, every thought, every sensation, every emotion, every condition, knowing it is for my healing union with God.

“Intention and consent of our will opens us to the Divine presence and action within. We have no human faculty to perceive this mystery. Our experience in Centering Prayer is not limited to the ‘felt’ presence of God but rather a deepening of faith in God’s abiding presence.” Thomas Keating

After all, ten days in silence with God seems out of the ordinary realm of my life as an 89 year old. As I always say in opening circle, “I am here by the Grace of God” and nothing could be truer. As the

sensitivity to the spiritual dimension of my being develops over the first few days, my awareness and perception grows. I notice how the morning sun peeks through the tree tops creating an orange glow that radiates beyond and above the cedars like oil on canvas painted only by God. It’s a miraculous illusion of grandeur. Observing the retreat staff preparing delicious meals in the silence is like watching the ballet of “Swan Lake.” Their synchronous rhythm and harmony can only be described as “a God thing.” I can feel my sweet late husband’s presence strongly in the silence. Ilia Delio says, “We are spiritual beings having a human experience.” Really? For me, this retreat feels more like a vacation with “The Beloved.”

Seventeen years ago, maybe more, I attended the one day “Introduction to Centering Prayer” at The Church of Conscious Harmony and went home vowing to be totally committed to my Centering Prayer practice. An unexplainable change took place mentally and spiritually in me that

day, and my relationship with God took on a whole new meaning. In the New Testament “patience” means waiting for God, wait long enough and God will manifest. *Be silent, everyone, in the presence of the Lord, for He is coming from His dwelling place. (Zec. 2:13)* Fr. Thomas Keating says, “The truth of who we are rises spontaneously through God’s healing action—the purification process—and leads to interior resurrection where our true self emerges in the form of simple acts of service flowing from our basic core of goodness.” I like to think that’s when the “false self” begins to drop away. Through the daily practice of Centering Prayer, I become more aware of God’s presence in my daily actions without knowing why. Fr. Keating calls it “intimacy with God.”

Doesn’t matter if it is as small as an insect bite or as big as healing, I know God is in action through faith. My faith is an instinct that I’ve had since childhood. I totally trust in a power Higher than myself. I am blessed with intuition that I call “my gift,” the invisible

MULTI-DAY CENTERING PRAYER RETREATS

“I gathered with the retreat community, but remained in silence and solitude. The silence of each day, juxtaposed with intentional sharing of our experiences, gave rise to a powerful sense of security and extraordinary self-reflection. As each day passed, my torn heart began to awaken into a blissful state of being.” ~Cynthia D.

Aug 12-13	2-day	\$100
Aug 14-23	10-day	\$725*
Sept 15-20	6-day	\$495**
Oct 15-16	2-day	\$100
Dec 1-7	7-day Advent	\$625**

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

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

**Single rooms available for an extra \$15/night on a first-to-register basis.


Contact the office for further information and registration.

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channel ever connecting each individual with God. My faith is a ray of light and God is at the end of the ray, which comes into my being, an open door for my intuition. My understanding of faith, or trust, is the power that brings it to me. *Faith is the substance of things hoped for, the evidence of things not seen.* (Heb. 11:1)

You may wonder, as I did, how is it possible to bond with those on retreat when we're in silence with no eye contact. In a few days, after self-observing, non-identifying, and self remembering, a light comes on. There is no judging, no critical

thoughts about anyone present, just unconditional love. God is love; God and I are one; we are all one in God. There are no personalities when we're in the silence! On the ninth day at the tenth hour when our retreat leader quoted Fr. Thomas, I could visualize him before me with that big addicting smile and the bright twinkle in his eyes saying, “You are no-thing, yet you are everything.”

Listen and Silent are spelled with the same letters, think about it. Or better yet, let's experience it together. *All things are possible to him that believes.* (Mark 9:23) 

AUGUST CALENDAR

Visit consciousharmony.org
for a complete listing of events

SPECIAL EVENTS

Two-Day Commuter Retreat
Aug 12 8:30 am-5:30 pm
Aug 13 8 am-5:30 pm
\$100 Pre-register in the office.

Simple Explanations of Work Ideas
Aug 10 - Sep 14
6 consecutive TH evenings 7:30 pm
Pre-register in the office.

Ten-Day Centering Prayer Retreat
Aug 14-23 See details to left.

MONTHLY

1st Sundays
Bring non-perishables for Caritas

Gurdjieff Music
Aug 15 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 10:15-11 am
Contemplative Lunch noon-1 pm
Contemplative Communion Service 6-7 pm
Yoga 7:30 pm-8:30 pm \$10

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
through the Bookstore and online at
www.consciousharmony.org



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*And when the disciples
raised their eyes,
they saw no one else
but Jesus alone.*

Matthew 17:8

THE GRACE OF THE TRANSFIGURATION

Notice that the disciples, after He touched them,
“saw no one but Jesus.”

This observation describes the fruit of the interior touch of the Spirit
... which leads and moves us ... The fruit of the touch of Jesus
is to see Him in everything that happens.

Thus, as the disciples return to the plain,
they take with them, not the experience of Jesus’ glory,
which was so consoling, but something even more valuable:
the transformation of consciousness that is the result
of their experience on the mountain.

... They moved beyond fear and the domination
of any emotion and are now able to live life
on the plain in union with God.

They can live in the marketplace from their inmost center,
their True Self.

The grace of the Transfiguration is not just a vision of glory,
an isolated experience of divine consolation, however exalted.

... Its primary purpose is something greater:
to empower us to live in the presence of God
and to see the radiance of that presence in all events,
people, the cosmos, and in the universe.

Thomas Keating, *Reawakenings*

Such grace is a gift of Centering Prayer.

