

Meditation Music

"In this hour Siddhartha ceased struggling with his fate, ceased suffering. On his face blossomed the serenity of knowledge, which no will opposes any longer, knowing perfection, in agreement with the flow of events, with the stream of life, full of compassion, full of sympathy, abandoned to the flow, belonging to unity."

Reminders:

*Come on time... Better yet, Come Early!
Honor the silence during prayer
Share briefly from your personal experience
Listen to each other
Discussion (cross talk) is for after the hour of prayer*

Prayer Leader:

Syndie Eardly
July 26-27, 2023

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The Gift of Direct Spiritual Experience



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.

God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

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An Interfaith Ministry of the Sisters of Charity of St. Augustine

To Ponder

The Gift of Direct Spiritual Experience

By Syndie Eardly

In his book *Psychology and Religion*, Carl Jung postulates that personal, direct experience of spiritual truth preceded the formal development of religion as we know it today. Without espousing any particular faith belief himself, Jung explored this idea, noting that this experience is universal and is not owned by any particular faith tradition.

According to Jung, the formalization of this innate experience into doctrine, creed and institution has quelled the natural inner connection to larger spiritual realities. As congregants, we often leave it to our ministers, priests and Imams to define the truth and intercede for us, rather than trusting our own experience.

“A creed is the fruit of many minds and many centuries, purified from all oddities and flaws of individual experience. But for all that, the individual experience, with its very poverty, is immediate life; it is the warm red blood pulsating today. It is more convincing to a seeker after truth than the best tradition,” Jung said.

Jung is inviting us to pay attention to – and trust – our own spiritual experience. Our internal experience of the un-nameable spiritual reality is a far more direct and influential conduit for understanding how deeply we are loved and how that source of love connects us to others and to the whole natural world.

“Religious experience is absolute. It is indisputable. You can only say that you have never had such an experience, and your opponent will say: ‘Sorry, I have.’ No matter what the world thinks about religious experience, the one who has it possesses the great treasure of a thing that has provided him with a source of life, meaning and beauty,” Jung concluded.

The Reading

The Tao

Empty your mind of all thoughts.

Let your heart be at peace.

Watch the turmoil of beings,

But contemplate their return.

Each separate being in the universe

Returns to the common source.

Returning to the source is serenity.

Sharing. . .

a word...

a phrase...

a reflection...