



The First Threshold

Between story and field of openness - Blessed

Before we cross over into the field of openness we must know we are blessed, that we in our most essential nature, are worthy of the Journey. Without a blessing it is far too easy to continue to find false refuge in a story that is too small to hold our soul's longing and deep purpose.

"There are many tenets of Wholeheartedness, but at its very core is vulnerability and worthiness; facing uncertainty, exposure, and emotional risks, and knowing that I am enough."

Brene' Brown

"A blessing: beatitude, prayer, a cry of joy, the description of reality present and to be fervently expected, and expression of life that at its fullest is a startling reminder of eternity, and acknowledgment of innate goodness and well-being, and affirmation that draws us into a charmed and intimate circle of people, the telling of a truth that honors our deepest realities."

Megan McKenna

"A blessing evokes a privileged intimacy. It touches that tender membrane where the human heart cries out to its divine ground. In the ecstasy and loneliness of one's life, there are certain times when blessing is nearer to us than any other person or thing. A blessing is not a sentiment or a question; it is a gracious invocation where the human heart pleads with the divine heart. There is nothing more intimate in a life than the secret under-territory where it anchors. Regardless of our differences in religion, language, or concept, there is no heart that is without this inner divine reference. It is the modest wish of this book to illuminate the gift that a blessing can be, the doors it can open, the healing and transfiguration it can bring. Our times are desperate for meaning and belonging."

John O'Donohue



Blessing in Context

When I consider the four aspects of my life, where can I feel the touch of blessing?

Interior:

Interpersonal:

Systemic:

Environmental:



Exploring Blessing

Questions: When I am very still what do I see, feel, sense?

Posture: I hold blessing in my body like...

Conversation: With whom do I engage in this conversation of worthiness?

Language: What words do I/we use to carry to gift of blessing?

Belief: Describe beliefs that tend to open or close my heart/mind to blessing?

Challenge: What impedes the flow of blessing in my life and in our life together?

Practice:

Blessing and Grief

The Healing Time

Finally on my way to yes
I bump into
All the places
Where I said no
To my life.
All the untended wounds
The red and purple scars
Those hieroglyphs of pain
Carved into my skin and bones,
Those coded messages
That send me down
The wrong street
Again and again.
Where I find them,
The old wounds
The old misdirections,
And I lift them
One by one
Close to my heart
And I say
 Holy
 Holy

-Pesha Gerstler

I'm Listening

I'm listening
But I don't know
If what I hear is silence
Or God.

I'm listening
But I can't tell
If I hear the plane of emptiness echoing
Or a keen consciousness
That at the ends of the universe
Deciphers and watches me.

I only know that I walk like someone
Who is beheld.
 Beloved,
 And known.

And because of this
I put into my every movement
Solemnity and risk.

-Sophia de-Mello Breyner (Portuguese poet)

It's Possible

It's possible I am pushing through solid rock
in flintlike layers, as the ore lies, alone;
I am such a long way in I see no way through,
and no space: everything is close to my face,
and everything close to my face is stone.

I don't have much knowledge yet in grief--
so this massive darkness makes me small.
You be the master: make yourself fierce, break in:
then your great transforming will happen to me,
and my great grief cry will happen to you. -Rainer Marie Rilke