

Connecting New

September, 2016

This month I share a poem and painting about a special kind of growth, growth that comes through letting go of what is and intentionally welcoming what will come - even when we have no idea of what that will be.

The image I use here is pruning. Pruning is not merely removing dead or sick branches, but also some that are alive and healthy. This is done anticipating how the tree or shrub will grow over time, to avoid branches growing in a way that will injure the plant, to form the shape and direction of the plant and to make it more fruitful.

Loved

A well pruned tree is a sign of love,
careful attention and skillful kindness.
Prune me too, Dear One, I pray.
Remove disordered attachments despite
temporary confusion, discomfort or pain.
Let me grow, blossom and thrive in your love.

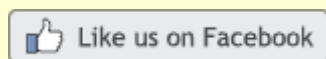


When painting the above, I hoped to express openness to a future not imaginable, something very unfamiliar (a green hued sky for instance - green represents life to me, and orange -

perhaps representing adventure, passion or pain). I wished to convey a sense of deep trust and surrender. Upon examining the finished painting, I see myself in it, and I invite you to see if you can find yourself there as well.

May we all say yes to what God is offering us each and every day!

Peace and Blessings,
Clarence



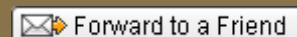
Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

Contact: clarence@clarenceheller.com

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