

Connecting New

January, 2017

It may sound cliché and perhaps a bit insincere when a spiritual director says that the one being companioned reveals God and that the director receives as much if not more than the one being companioned. This month I share two poems that speak to my experience as a spiritual director as a way of inviting you to celebrate the relationships in which you too feel sacredness and love present.

Fast Love

In sacred space and time,
it takes only a few moments to fall in love with a stranger,
as she opens her heart,
reveals her pain,
shares her story.
As we recognize the Spirit of God touching and moving through another,
a stranger quickly becomes known as the object of our dearest love,
and we can't resist joining in.

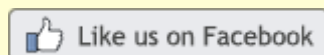
Sacred Space

When we are together my self-consciousness fades away
and I relax into my truer, freer self,
trusting God and myself,
being God and myself,
loving God and myself,
and admiring...how you and God are one.

Whatever I say seems right.
However I respond feels appropriate.
What I hear, what I miss,
what I remember, what I forget,
is ordained.
And I know that you feel loved.
And all I want is that you feel loved.

As we embark on a new year, may each of us seek deeper relationships with other people,
enveloped in a sense of sacredness and love.

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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