

Connecting New

September, 2018

This month I offer one prayer in two forms, a poem and a painting, and it is my hope that God will speak to you through one or both forms. Even more, I wish to encourage you to approach your own prayer with honesty, vulnerability and openness - claiming, accepting and loving yourself (all of yourself) exactly as you are in the present moment. It is my experience that when we can do that, we will break free from the delusion that we are, or have ever been, separate from God.

Empty

If I could pray,
there is nothing I would ask.
You have given everything to me already,
before I even knew I wanted it.

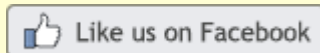
If I could pray,
it would be to rest in your embrace
where life and love renew.

If I could pray,
I would offer my silence to yours,
making cosmic music with angelic chorus.

If I could pray,
I would notice you overflow me every moment
and all I want is to become empty,
to make more room for your presence.



Peace and Blessings,
Clarence



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

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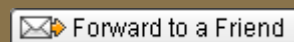
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