

Connecting New

November, 2018

This month I share a poem and painting about being in tune with the deeper reality, such as having a sense of the profound beauty or goodness that permeates and connects all of existence, yet facilitated by a direct experience of the specific. For instance, when meeting with someone for spiritual direction, I hear their words and honor their story, but I am most deeply touched by what emanates from their spirit. Yet on another occasion when gazing at some autumn colored trees, I experience this same radiance of goodness and beauty. My hope is that you have had some similar experiences and that you will become even more open to experiencing them.

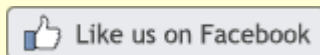
Walking Trees

To see people as walking trees
is to see more clearly than most.
Oh, to be aware that my flesh
is but soil fleetingly transformed,
and that my blood is water borrowed
from the rivers and the seas.
Oh, that I may be as faithful as a tree,
as holy as a rock,
as selfless as a flower.
I gladly return the life
you have given me, Mother Earth ...
that life may carry on,
that others may live,
that we may be reunited.
And when all memory of me has passed away,
still I will know,
still I will know,
that I always was,
and I always will be,
a part of God.



May we come to see the world as God sees it.

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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