

Connecting New

April, 2015

This month I share two paintings depicting my experience of spiritual direction. The first painting shows the exchange between director and directee as a sphere of focusing attention on God's activity and the directee's relationship with God. The directee is the figure to the left, with the Spirit of God represented by the figure in white, close to the directee. The figure to the right (tan) represents the director, being attentive to what is happening. Surrounding this is the space inviting God to act, which by definition is loving. Enveloping all is the dark mystery of God, the unknowable God, with fingers reaching out toward the pair, responding to the invitation. As a director, one of my favorite experiences is to be inspired to ask a question or offer a suggestion that has never occurred to me prior to that moment. Another favorite experience is to see a directee's essential beauty and goodness, in other words, their divinity. It is sacred ground indeed.



The next painting describes my experience of receiving spiritual direction. I am the figure in red and my director, green. We are face to face, with a feeling of complete acceptance and love on her part toward me, but also with the distance to provide the perspective necessary for her to focus on the movement of God's Spirit during the session and in my life. We are completely enveloped in the activity, life and mystery of God, represented by the concentric circles. And in the center, the very personal and relevant revelation of and relationship with God is represented. We periodically gaze into the depths of this center.



Years ago, I had the privilege of viewing a death bed video Fr. Jim Krings made to share with his faith community. Part of his message was to not make the spiritual journey alone, but rather engage it with a spiritual companion. It brings me great joy to help others find a spiritual director.

Peace and Blessings,
Clarence

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

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Gmail - Connecting New from Clarence Heller



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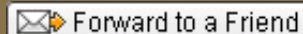
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