

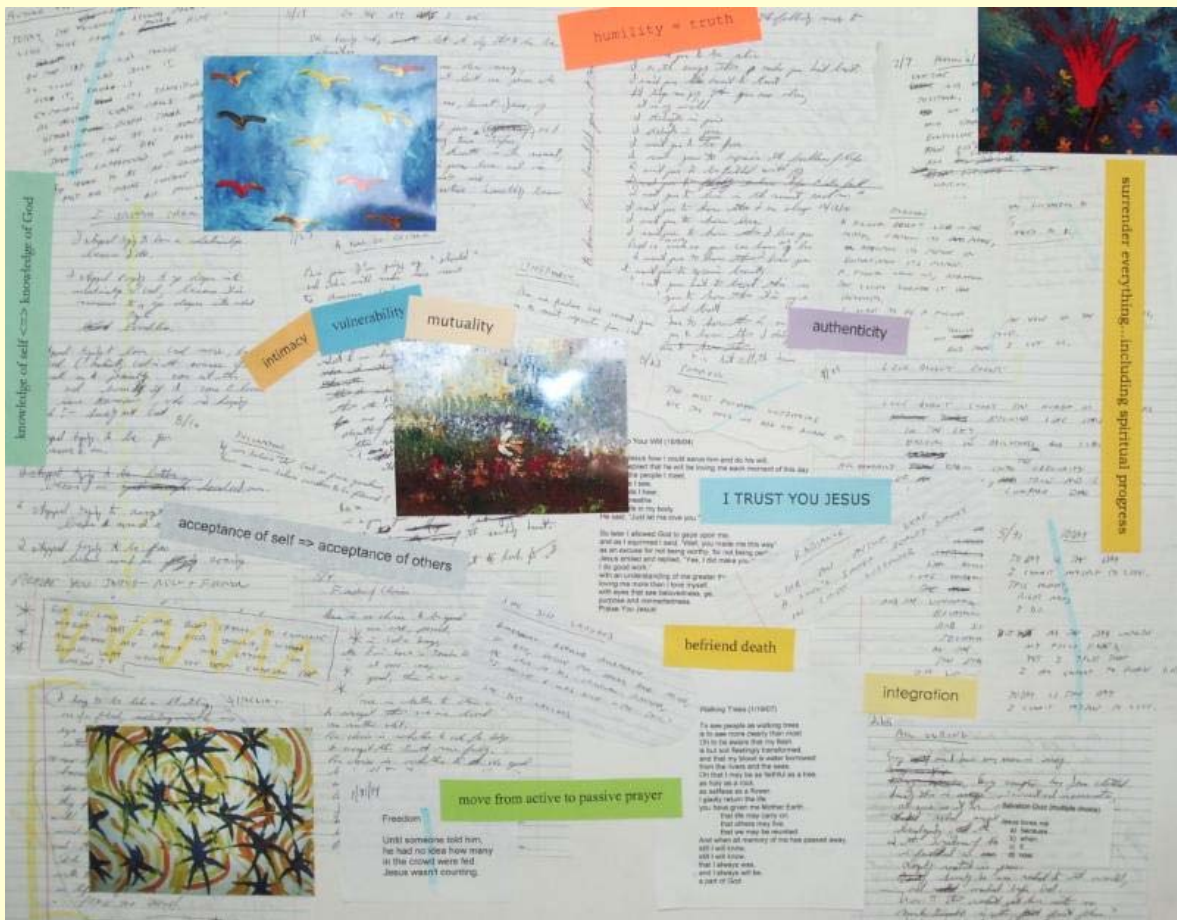
# Connecting New

May, 2016

About a year ago, I along with about fifty other local artists was invited to create a submission for an exhibit that was being assembled, "Freedom Imagined; Freedom Lived: An Artistic Conversation about Aspirations for Freedom." That exhibit opened on May 19 at J. Scheidegger Center for the Arts at Lindenwood University and will remain open until June 17.

For the exhibit, I created a collage of original pages from my journals over the past eleven years and photographs of a few of my paintings, all that particularly relate to freedom and my experience of it. If examined closely, certain lines from my poems easily stand out, for example "Oh Loving God, let the day I die be familiar." The collage also contains what I believe to be some key insights related to freedom, such as "acceptance of self => acceptance of others." You may not be able to zoom into the photograph of the collage on this email, but if you go to my website [www.clarenceheller.com](http://www.clarenceheller.com), you will find a pdf version of this Connecting New on the Newsletter Archives page May, 2016, and you could zoom in on that one. The title of the piece is "What Love Wants Most." I offer below my artist's statement.

What love wants most for the other is freedom, and receiving love is the pathway to freedom. Although it may feel as though we can grow in our capacity to love, the capacity to love is the unchanging essence of what makes us human. Instead, our limitations expand so that the capacity that was always there can be more fully realized. Only the most exceptional persons (Jesus for instance) become fully free from these limitations here on earth, so growing in freedom is a life-long endeavor. As we receive more deeply the love that is offered from God (mediated in myriad ways), we become freer from ego, insecurity and fear, and freer to connect, accept and forgive. To become freer, we must become vulnerable and open to receiving the love that is constantly offered.



May we, with God's grace, all continue to grow in freedom, for after all, that it what love wants most.

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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To order copies of *Everyday Sacred: Meditations and Paintings to Inspire Reflection and Prayer*, learn more about Celebrating the Sacredness of Everyday Life Events and much more, visit [www.clareneheller.com](http://www.clareneheller.com).

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