

Connecting New

October, 2018

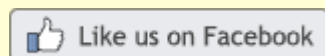
Listening is a very important part of prayer - listening to your heart, listening to your body, listening to nature, listening to those who love you, listening to what God wants you to know. So this month I share a poem about my own listening and what I heard.

Listened

I listened for what God wanted me to know,
and I heard, "Yes."
Only yes. Always yes.
Yes to what I hope to do.
Yes to my very existence this moment.
Yes to my humanness, pettiness, generosity and smile.
Yes to whatever questions I have and yes to my answers.
Yes to how my presence affects the world,
to how I complete it and to how I make it broken.
And then I heard a bit more.
"Say yes to the rest of the world with me."

May we all come to know the depth of our own beauty and belovedness, and
may we help others come to know theirs.

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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