

Connecting New

October, 2019

Autumn is my favorite season, not only because of the delightful weather and the beautiful fall colors, but also because it signals a primary spiritual component of life, namely surrender. I believe that we are always invited to more, always invited to trust and always invited to surrender. This month I share a poem and painting about what the fruit of surrender may be.



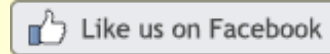
Deep

When we have surrendered enough
to sink to the bottom of the ocean,
we can no longer hear the waves,
smell the salty air,
experience the vastness
or breathe in the peaceful ebb and flow.
When we have surrendered enough,
everything is nothing,
and it permeates, envelopes and emanates from us.

When we have surrendered enough,
we realize that we are still invited to trust,
to be, to live and to grow,
and there is always more
although we can't imagine it.

Like the leaves turning colors, may we reveal our inner beauty to the world,
every day, but especially during this season of surrender.

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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