

Our true selfhood | Weekly Readings

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From Fr John Main, “Meaning, Significance, and Purpose” in *The Hunger for Depth and Meaning*, ed Peter Ng (Singapore: Medio Media, 2007), p. 149.

It's as though we are rushing through our lives, and in our hearts there is the flame of a candle. Because we are moving at such high speed, this essential interior flame is always at the point of going out. But when we sit down to meditate, when we become still, when we are not thinking in terms of our success or self-importance, of our own will or desires, when we are just still and simple in the presence of the One who is, then the flame begins to burn brightly. We begin to understand our selves and others in terms of light, warmth and love. [. . .] Saying the mantra leads us to stillness where the flame of being can burn bright . . . and where we discover that the value that each of us possess arises from who we are in ourselves. We discover our rootedness in God.

Another way of saying that our vision expands is to say that we come to see beyond mere appearances, into the depth and significance of things. . .not just. . .in relation to ourselves but. . .to the whole of which we are part. This is the way of true self-knowledge and it is why true self knowledge is identical with true humility. Meditation opens up for us this precious form of knowledge, [and] this knowledge becomes wisdom. . .when we know no longer by analysis and definition but by participation in the life and spirit of Christ. [. . .]

By stillness in the spirit we move into the ocean of God. If we have the courage to push off from the shore we cannot fail to find direction and energy. The further out we travel the stronger the current becomes, and the deeper our faith. For a while the depth of our faith is challenged by the paradox that the horizon of our destination is always receding. Where are we going with this deeper faith? Then, gradually we recognize the meaning of the current that guides us, and we see that the ocean is infinite.

After meditation: a poem by Lal Ded (14th century) in *WOMEN IN PRAISE OF THE SACRED: 43 Centuries of Spiritual Poetry by Women*, ed Jane Hirshfield (New York: HarperCollins, 1994), 120.

I was passionate,
filled with longing,
I searched
far and wide.

But the day
that the Truthful One
found me,
I was at home.

