

Faith: A transformational journey

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An excerpt from “Dearest Friends,” Laurence Freeman OSB in the Newsletter of the World Community for Christian Meditation, Vol 32, No. 3, September 2008, p. 4.

[M]any deeply religious people feel an aversion or antipathy to meditation because it seems to (and indeed does) undermine the secure boundaries that protect our world view and our sense of being superiorly different from others.

A way of faith, however, is not a dogged adherence to one point of view and to the belief systems and ritual traditions that express it. That would make it just ideology or sectarianism, not faith. Faith is a transformational journey that demands that we move in, through and beyond our frameworks of belief and external observances—not betraying or rejecting them but not being entrapped by their forms of expression either. St Paul spoke of the Way of salvation as beginning and ending in faith. Faith is thus an open-endedness, from the very beginning of the human journey. Naturally, we need a framework, a system and tradition. [But] if we are stably centered in these, the process of change unfolds and our perspective of truth is continuously enlarged.

After Meditation, “Who Said This?” by Mary Oliver in RED BIRD (Boston: Beacon, 2008), p. 58.

Something whispered something
that was not even a word.
It was more like a silence
that was understandable.
I was standing
at the edge of the pond.
Nothing living, what we call living,
was in sight.
And yet, the voice entered me,
my body-life,
with so much happiness.
And there was nothing there
but the water, the sky, the grass.

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