

A continual repatterning of the spirit

wccm.org/weekly-readings/a-continual-repatterning-of-the-spirit/



An excerpt from Laurence Freeman OSB, “Letter Three,” WEB OF SILENCE (London: Darton, Longman, Todd, 1996), pp. 28-29,31.

“Adapt yourselves no longer to the pattern of this present world, but let your minds be remade and your whole nature thus transformed” (Romans 12:2).

The life of the spirit in human nature is a continual repatterning. The step of faith we spend our lives perfecting is simply the one step by which we let our minds be remade and our whole being transfigured. For “this present world” let us read “ego”: the part that

thinks it is the whole. It has come involuntarily to block and unconsciously to distort the mystery of life because of the patterns it had formed through pain and rejection; the perception of a world without love. [. . .]

Even if meditation were no more than a brief daily dip into the kingdom within us, it would merit our complete attention. But it is far more than a temporary escape from the prison of our patterns of fear and desire. Complex as these patterns are, making us fear the death and the true love that are necessary for our growth and survival, meditation simplifies them all. Day by day, meditation by meditation, this process of simplification proceeds. We become gradually more fearless until, in the joy of being released from the images and memories of desire, we taste total freedom from fear. And then—and even before then—we become of use to others, able to love without fear or desire. . . released to serve the Self which is the Christ within

After meditation: “The Map” by Marie Howe, originally published October 27, 2016 in Poem-a-Day at Poets.org.

The Map

The failure of love might account for most of the suffering in the world.

The girl was going over her global studies homework

in the air where she drew the map with her finger

touching the Gobi desert,

the Plateau of Tiber in front of her,

and looking through her transparent map backwards

I did suddenly see

how her left is my right, and for a moment I understood.

[Download Printable version](#)

Image by [Dorothe](#) from [Pixabay](#).