

The mirror | WCCM

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From Fr John Main, “Smashing the Mirror,” MOMENT OF CHRIST (New York: Continuum, 1998), pp. 50-51.

There is nothing passive whatsoever about meditation. It is a state of growing and deepening openness with the power source of all reality, the God-who-is-love. The aim of our life and the invitation of our life is nothing less than complete union, full resonance with that power source.

I do not think it is any exaggeration to say that original sin is self-consciousness, the hyper-self-consciousness of egoism that gives rise to divided consciousness. This is like having a mirror between God and ourselves. Every time we look into the mirror we see ourselves. The purpose of meditation is to smash that mirror so that we no longer look at reflections of things and consequently see everything backwards, including ourselves. The essence of meditation is taking the kingdom of heaven by storm. The mirror must be smashed. And Jesus is talking about overcoming self-consciousness, the mirroring self, when he says no one can be a follower of his unless they leave self behind.

Now it does not take very much knowledge of life to perceive that self-consciousness deludes us into seeing the whole universe revolve around ourselves, or to conclude that this self-consciousness is an appalling state to be in. Perhaps that is what brings most of us to meditation. We don't want to look into that mirror and see everything backwards for the rest of our lives. We want to look with courage into the infinite mystery of God. But when we begin to feel that first loss of self-consciousness and begin to enter the deep silence that is meditation, we can become disturbed and take fright. This is where we need faith and understand that faith is a gift—given to us, as St Paul tells us, in abundance—if only we are open to it. If only we can continue hammering at that mirror until it shatters, hammering [gently] at it with our mantra.

After meditation: an excerpt from “Heart-knowing and the jasmine scent of feeling near to God,” THE SOUL OF RUMI (New York: HarperCollins, 2001), p. 324.

God. In that light there are no distractions.

No mistakes

can be made or said when your consciousness is in your love
and your love is in