

SPIRITUAL PRACTICES AS BALM FOR THE SOUL

*Wisdom from the past to lead us into
the future*

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Goal:

- To explore Spiritual Practices that feed the soul during times of Emerging Wisdom (Ancestral Work)
- Plant seeds for trees we may never sit under (What are our wisdom practices?)
- Give our souls a little balm during this time of change

When Wisdom Emerges



Christ the Wisdom teacher & The Apostolic Movement
(Blood of the martyrs is are the seeds of the Church)



Desert Mothers and Fathers- (Fleeing and Staying-
Acedia)



Gregory the Great and Benedictine Spirituality (Ora et
Labora & Rule of Life)



The Great Schism- The West vs. East (The Nature of
Nature)



The Reformation- Sola- Grace, faith, Christ, Glory of
God and Scripture (lectio)



Evolution of Minor Key- The A-Bomb, Digital Reality,
And Covid-19

What is Emerging?

- Spiritual but not religious?: Pew Report
- Barbara Brown Taylor: Mystics are the minor key...but what happens with the minor become major?
- A time when the Exoteric ("A spirituality that is based exclusively on scripture, dogmas, ritual or Symbolism") can google Esoteric ("A spirituality that is oriented towards experience and that sees in this goal the meaning of religion-pg.73") teachings that would take a lifetime to master. [From: *Search for the Meaning of Life* by Walligis Jager]
- We need both! But perhaps we need not just a three legged stool of Anglicism (scripture, tradition and reason) but also experience.
- "Only atheists attempt to comprehend God with their mind." – Count Nicolaus von Zinzendorf
- How hard is this turn to imagination and experience of God for us children of the enlightenment?!
- We can learn from the Wisdom Schools of the past.

The Desert Mothers & Fathers

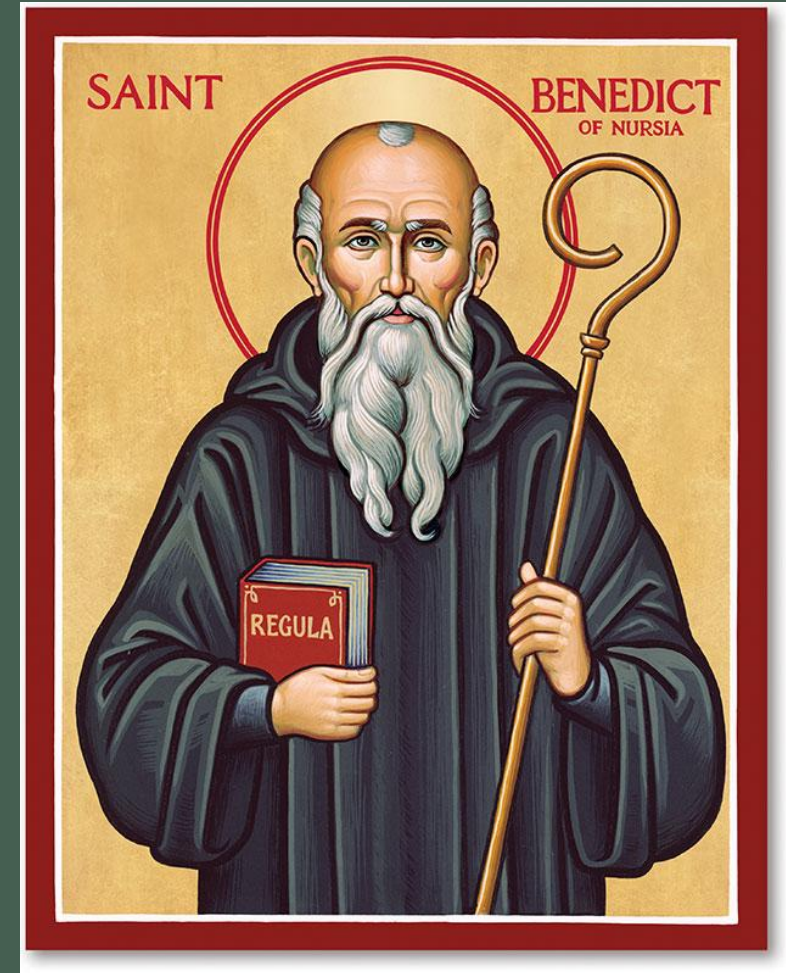
- Issues: Problems with the Church becoming a part of the Empire. (4th cent)
- You can flee to the desert for protest, but you don't stay in the desert for protest.
- Fleeing
- Staying
- Spiritual Practice Suggestion:
Go to you cell and it will teach you everything.



St Syncletica
(Συγκλητική) of
Alexandria

The Rule of Benedict

- Fall of the Roman Empire and the beginning of the Dark Ages (6TH cent)
- The rise of monasticism
- How does one sustain joy for a lifetime?
- Spiritual Practice Suggestion: Rule of Life



The Great Schism

- 11th cent. Issues of communion bread (transubstantiation), Holy Spirit proceeding Father or Father and Son, Crusades, fall of Byzantine Empire, division of Easter/Western Christianity
- The Nature of Nature-
 - Black Plague, lights, ice age
 - Doctrine of Discovery
 - Francis & Julian
- Spiritual Suggestion
 - Nurture your Nature



The Reformation



- 1517 (sort of)
- Issues: Indulgences, priesthood, access to the Bible, enlightenment rationalism, industrialism, scientific method
- Suggestions for Spiritual Practices:
 - Poetry & Music
 - Imagination & Art
 - Lectio Divina

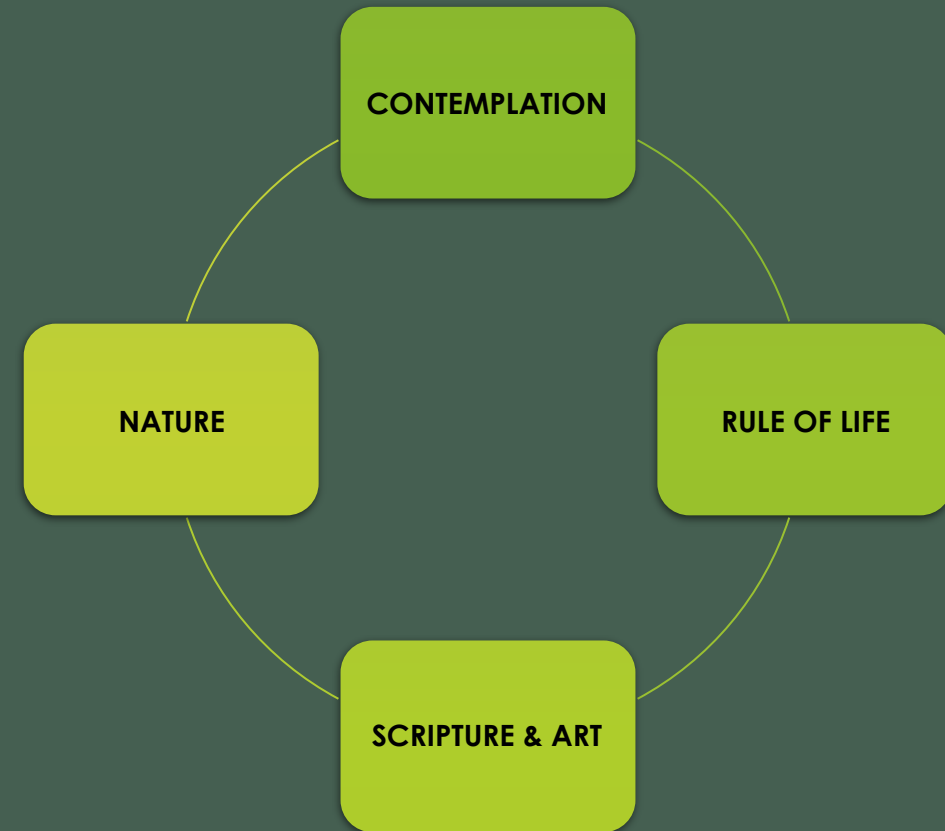


Evolution in a Minor Key

- Changes happening faster than humans have ever known
- Climate change
- Fall of empire and late stage capitalism
- The power to end all life yet without the meditative power to ground that power
- East meets West- Meditation
- How will you sustain this practice?



PLANTING SEEDS





FIND YOUR WISDOM SCHOOL

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Questions:

- Do you feel the grief/joy of living in a time of spiritual change?
- What practices sustain you?
- What practices are you inspired to try?