

Five Paths CD - Path V - Via Integrativa - coming home to yourself

pic - stone sculpture landscape



“The path is beautiful and pleasant and joyful and familiar.” Meister Eckhart

When resistance to what *is* dissolves and we embrace the moment just as it is - ‘imakoko’ ... here and now - we can at last call the search off and rest in our true identity - the Beloved.

The separation between who you see yourself as - an ‘I’ (the subject) and the object of your seeking collapses and with a sigh of relief you recognise the familiar face of ‘Christ in you - the hope of glory’. (Colossians 1:27) At last ... you come home to yourself.

“What we are looking for is what is looking.”
St. Francis of Assisi

Not looking but gazed upon
Not listening but being heard
Not breathing but being breathed
Not waiting but beloved
No more waiting ...

“And did you get what
you wanted from this life, even so?
I did.
And what did you want?
To call myself beloved, to feel myself
beloved on the earth.”
Raymond Carver

music: Cerulean - Jon Hopkins from the album Opalescent, Just Music – TAO 006,
www.justmusic.co.uk

photo: rock sculpture by Jerry Lampson, Famara beach, Lanzarote, Canary Islands, qr8 Design,
www.qr8.co.uk