

Five Paths CD - Path IV - Via Transformativa - being fruitful

pic - Jameos del Agua



“Whatever I want to express in its truest meaning must emerge from within me. It cannot come from the outside to the inside but must emerge from within.” Meister Eckhart

When you reconnect with your inner wisdom, the natural consequence is a transformation of your relationship with the ‘outside’ world.

“Because the microcosm (the human) is identical with the macrocosm (the cosmos), it attracts the latter and thus brings about a restoration to the original wholeness.” Carl Jung

“The real cycle you’re working on is a cycle called yourself. The machine that appears ‘out there’ and the person that appears to be ‘in here’ are not two separate things.” Robert M Pirsig, Zen and the Art of Motorcycle Maintenance.

It is no longer totally ‘other’ - it becomes an extension of Self and worthy of the same respect and deserves nurturing not exploiting.

“There is no separation - only the forgetting of union.” Julia Cameron

The transformation is not a process of learning something new that was missing - knowledge, skills, practice or even virtue. Rather it is a process of remembering who you already are - made in the image of God. It takes the pressure off - instead of seeking what is ‘missing’ there is a gradual awakening to who you already are.

This meditation returns you to the Ground of your Being out of which springs the natural fruits of being re-connected with your Source - joy, trust, compassion, justice.

I recognise and name joy rising in my soul

I recognise and name trust rising in my heart

I recognise and name compassion rising in my intentions

I recognise and name justice rising in my actions

Ignacio's garden - where these meditations were created - is in the finca, or country house, he built with his own hands - 'La Fuentecilla' - which means 'source'. In this meditation we return to the garden where innocence was lost ... and found again.

"And so completing the circle of transformation - inner to outer, earth to sky, darkness to light - until we come home to our true Self."

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

photo: Ignacio's garden, La Fuentecilla, Haria, Lanzarote by Jerry Lampson, qr8 Design,
www.qr8.co.uk