

Series 10, Class 6, Drinking from the Well: Lifework

Opening Prayer:

I come to my Well yet again. I embrace Holy listening, listening for the Holy to fill in all the empty spaces in me. May all that is Holy and Sacred be my ever-present companion, seen or unseen. It is time to re-enter the world through my heart, a heart that I have kept to myself; protected, wounded, shared with only a few trusted people. I leave that cocoon now. It is too small, too smothering. It is not as safe as I thought it was. It is a fearful space and it does not make me loving. My small space keeps me fearful. I think more of protecting myself. Even if I leave through the door of my heart through praying for others, I commit myself to becoming a witness to the journeys of people other than myself – to their pain, to their suffering, to the truth that their lives are woven into mine and mine into theirs. I and this world are one and the same living being, breathing the same air, destined to return to shed this body and return to spirit. Life is brief. Let me not forget what truly matters. Hover over me God. Walk with me. May all that is Holy and Sacred be my ever-present companion now until I leave this Earth and return to You. Amen.

Sacred time

In silence at your inner well, consider the following in reflection and prayer:

- What do you see happening in the world around you?
- How are you called to respond?

Your essential inner practice

As the previous classes have suggested, include some of these in your spiritual practice:

- Reflection
- Confession of some sort
- Prayer and contemplation
- Creative expression
- Detachment from inner weight
- Inspirational reading
- Acts of service
- Sharing with soul companions
- Indulge “good stuff”
- Celebrate being alive

Closing prayer:

Standing at my Well, I ask myself, “What have I learned so far on my journey?” I have learned that *the heaviest weight I carry is in my soul*. That one truth is proof enough of Your presence in my life. What other power but You refuses to be silenced? Were it not for conscience of my soul, I would have no inner disruptions, no inner voice that alerts me when I have made an unwise or harmful choice, or when I have knowingly hurt another person. What my soul lets me know is that I knew I what I was doing and that I did not stop myself. Many times I do not want to know these things about but that does not stop my soul now from

revealing them to me. I also know now that all of these rumblings, regardless of what I name them – my consciousness, conscience, psyche, spirit – all are expressions of You knocking at my soul. I cannot pretend I do not hear You knocking any more. I hear You. I feel You. I sense You. And now I also know what Your guiding presence feels like: You are my inner balance. When I am in balance, all is right with me because all is right with You. I recognize how we shall speak to each other – through the balance of my soul. When I am calm and at peace, that is also You telling me that all is well. You have finally called me by name and now I know Your voice. All this while I was waiting for You at my Well only to find You were waiting for me. Hover over me, Lord. I stand on Your sacred ground with head bowed and heart open. Hold me in Grace and all those I love and have yet to love. Make me someone who does no harm to all live. Amen.