

**Lectionary**  
**Readings for every day**  
**You Select!**



in the HCUC

**No. 16**

**For 25 Sept 2011**

**Dear Friends**

It's clear that we view the human heart as much more than a mechanical pump, amazing and mysterious as that is. I began scribbling a list of ways we refer to the heart. We talk about people being hard hearted, and cold hearted, or tender and warm hearted—and we are not referring to meat. No! We are talking about the way we experience a person's inner being.

As I filled the page with words we use in relation to our hearts (fearful, courageous, peaceful, loving, generous and joyful ...). I realised I was having an interesting time and I was playing a game. There was nothing wrong with that—but it was what is usually called a head trip, and the spiritual journey is much more a heart trip—sometimes called a path with heart.

We can spend all day discussing the heart from a psychological or emotional point of view and never get any nearer to our own heart space. We can so easily stay in our heads, toying with ideas, analysing opinions, searching for fresh concepts. As an aside I want to make it clear that the mind is very important and is not to be rubbished. Reason and logic can save us from making mindless assumptions. The great invitation that Jesus repeated is to 'love God with all your heart and all your mind ...'.

The truly important way forward is to move from the head into the heart. I love the way Sally Kempton gives us a clue: "When energy is stuck in our head our thoughts tend to go in circles, and we tend to come up with pat answers and unhelpful solutions to our concerns. Once our attention is in the heart we are automatically in touch with our intuition. We are in the essential centre of spiritual wisdom and awareness."

The great Eastern poet and mystic, Rumi, confirms this when he says "The more awareness we have, the closer we are to God."

***Sincerely,* Lester**

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 26 September:	102:12-22	Zech 8:1-18	Luke 9:46-50
Tuesday 27 September:	87	Zech 8:20-end	Luke 9:51-56
Wednesday 28 September:	137:1-6	Neh 2:1-8	Luke 9:57-end
Thursday 29 September:	19:7-11	Neh 8:1-12	Luke 10:1-12
Friday 30 September:	79:1-9	Deut 31:7-13	Luke 10:13-16
Saturday 1 October:	69:33-37	Josh 22:1-6	Luke 10:17-24
<b>Sunday 2 October <u>Pentecost 16</u></b>			
Ps 19; Ex 20:1-4,7-9,12-20; Phil 3:4b-14; Matt 21:33-46			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 3 October:	69:1-6	Jonah 1:1-2:2,10	Luke 10:25-37
Tuesday 4 October:	130	Jonah 3	Luke 10:38-end
Wednesday 5 October:	86:1-9	Jonah 4	Luke 11:1-4
Thursday 6 October:	1	Malachi 3:13-4:2a	Luke 11:5-13
Friday 7 October:	9:1-7	Joel 1:13-15,2:1-2	Luke 11:15-26
Saturday 8 October:	97:1,8-end	Joel 3:12-21	Luke 11:27-28
<b>Sunday 9 October <u>Pentecost 17</u></b>			
Ps 106:1-6,19-23; Ex 32:1-14; Phil 4:1-9; Matt 22:1-14			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 10 October:	98	Rom 1:1-7	Luke 11:29-32
Tuesday 11 October:	19:1-4	Rom 1:16-25	Luke 11:37-41
Wednesday 12 October:	62:1-8	Rom 2:1-11	Luke 11:42-46
Thursday 13 October:	130	Rom 3:21-30	Luke 11:47-end
Friday 14 October:	32	Rom 4:1-8	Luke 12:1-7
Saturday 15 October:	105:6-10, 41-44	Rom 4:13,16-18	Luke 12:8-12
<b>Sunday 16 October <u>Pentecost 18</u></b>			
Ps 99; Ex 33:12-23; 1 Thes 1:1-10; Matt 22:15-22			

## FROM HALF-HEARTED TO WHOLE-HEARTED

There is the old story of the young man who went to the wise old hermit. He asked the sage: "Please tell me what you know about God." His reply was simply "Come"; and he led him to a nearby stream. They stood beside it quietly and silently. Suddenly the sage grabbed the young man with startling strength and held his head under the water. The man struggled but was firmly held. He couldn't breathe and couldn't break free. At last the sage released him. The young man coughed and spluttered and eventually got his breath. Then with a mixture of surprise and anger said "Why did you do that? I nearly drowned." The sage replied "When you want to truly know God, (and not just about God) as much as you wanted to breathe the air, then come back and see me."

There is a clear thread of insistence in the Bible and among saints and sages that it is important to be whole-hearted in our search. As in the sentence ... "if you seek God with all your heart and soul you shall find him." (Deut 4:29)

Jesus was indicating the same need for firm intention when he said "Seek and you shall find; knock and it will be opened to you."

But how can we move into the heart space, the place where we come to know in the deepest sense? Often when we find ourselves anxious, or worried, wanting, or impatient, we give a frustrated sigh. That's a good clue to our next step—stop and deliberately breathe slowly, fully and with complete awareness. You may not recognise it but such steady calm breathing automatically connects our mind to the deep centre of our heart space—to the inner always-present Self.

The heart space is not limited to the physical organ of the heart. Nor is it revealed by a medical scan. It is the area in and around the heart, and has been recognised as the core of our being, or as the seat of our sense of I AM. It is not reached by much thinking, or logical discussion.

Rather than talking about it or reading books about it we need to come to the point of having a go. Sit comfortably, close your eyes, breathe easy, focus your awareness on the heart-space and know that here is the source of your love, inspiration and wisdom.

## ON BEING PURE IN HEART - IT'S A BLESSING

When we put attention on our heart-space then our minds loosen their grip on worry, fear or the way we may feel alone or separate from others and the world around us.

☐ William Blake expressed the same thought as the words of Jesus about being pure in heart—and what we "see". "If the doors of our perception were cleansed we would see everything as it is—infinite."

☐ Douglas Klotz has gone back to the Aramaic words used by Jesus and gives us insights that are fresh and meaningful:

\* Healthy are those whose passion is energised by a deep abiding purpose; they shall be aware of the power that moves and shows up in all things.

\* Those who are in tune with the Oneness of the universe and who radiate love from their heart-space shall begin to see God everywhere.  
(Prayers of the Cosmos)

These insights make 'being pure in heart' much more than getting rid of nasty or naughty thoughts. It is more a matter of opening our own heart which opens the door into the great Heart—God.

If we don't realise  
our source we stumble  
in confusion  
and sorrow.

When we realise  
where we come from  
and who we are  
at our heart,  
we become  
more tolerant,  
amused, kind-hearted,  
dignified as a king.  
(Lao Tzu)

**TIP** for breathing as we enter our heart-space of love, peace, and joy.

1. Sit comfortably.
2. Close your eyes.
3. Be aware of your breath.
4. Breathe in calmly for the count of 4.
5. Hold the breath for the count of 4.
6. Slowly, easily release the breath for the count of 8.
7. Continue this pattern as you enter your heart-space.