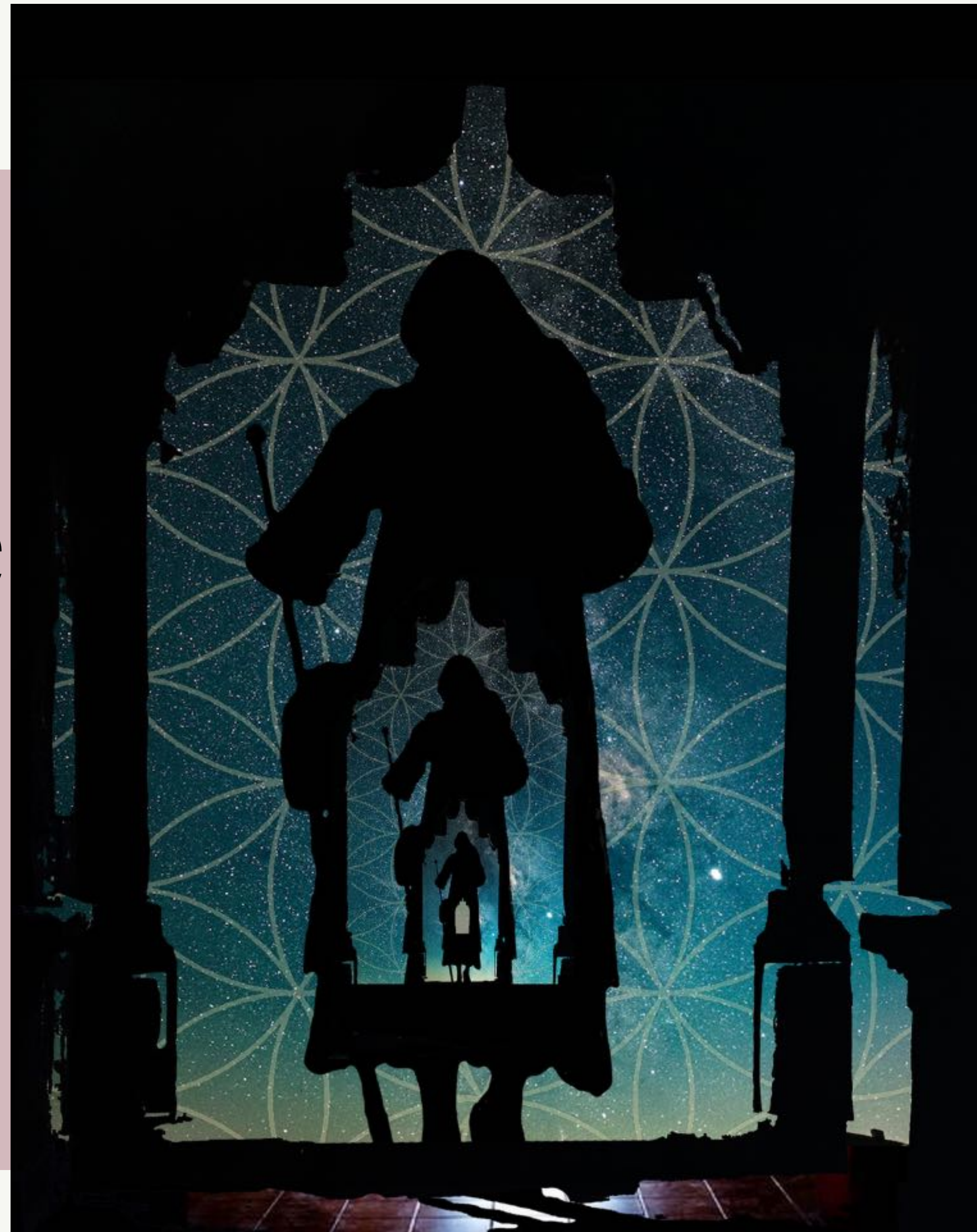


Ordinary Life

Living in the Sacred Stream



No matter who you are, no matter where
you are on your spiritual journey, you are
celebrated here.

Healing from the Inside Out

Holly Lewis Hudley, PhD

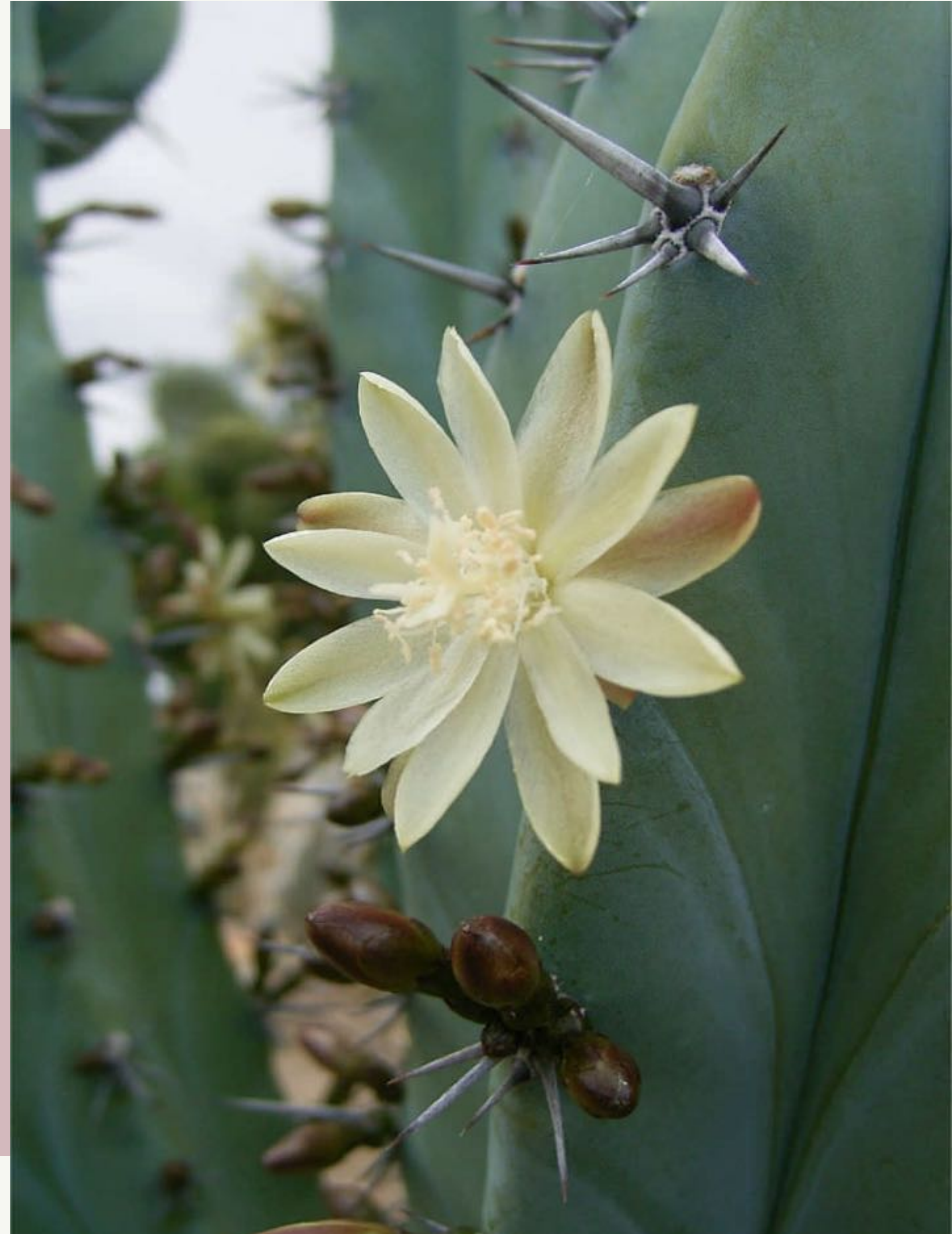
Blue Myrtle

Myrtillocactus geometrizans



Blue Myrtle

In bloom



Awakening

Breakthrough **The Threefold Way** **Alignment**

**Spiritual
practice**

Spiritual
emergence(y)

Purgation:
Cutting Away

Dark Night of the Soul:
“Divine Anxiety” or
“Unbelonging”

“Light, light... as sudden as lightning... out of nowhere... It was all around me in great tumbling waves of joy and peace and beautiful serenity. Life stood still, crystallized. The moment was a jewel, flawless, perfect, and shining with a radiance I had never before known. Life was calm and strong and beautiful beyond words and it was all true. I knew it was true. I could see it, here in the Light. I stood on a peak. I was God and about my head beat all the music of the spheres...Then Tim jumped from his chair with a thud, and there was Father bending over Mother’s worn shoe just the same, and here was I wiping dishes and hanging cups upon their hooks. The moment had passed. The Light was out. Life was thick and grey again, without color, without song, without joy, without peace. It tasted like wool; it was heavy, slow and cold. There was only the evening sunlight through the window. It was funny, that. But I would never, never forget.”

-Clare Cameron, 1906

The 4 Who Entered the Heavenly Garden

The Legend of Pardes,
a Jewish mystical
teaching about plants.

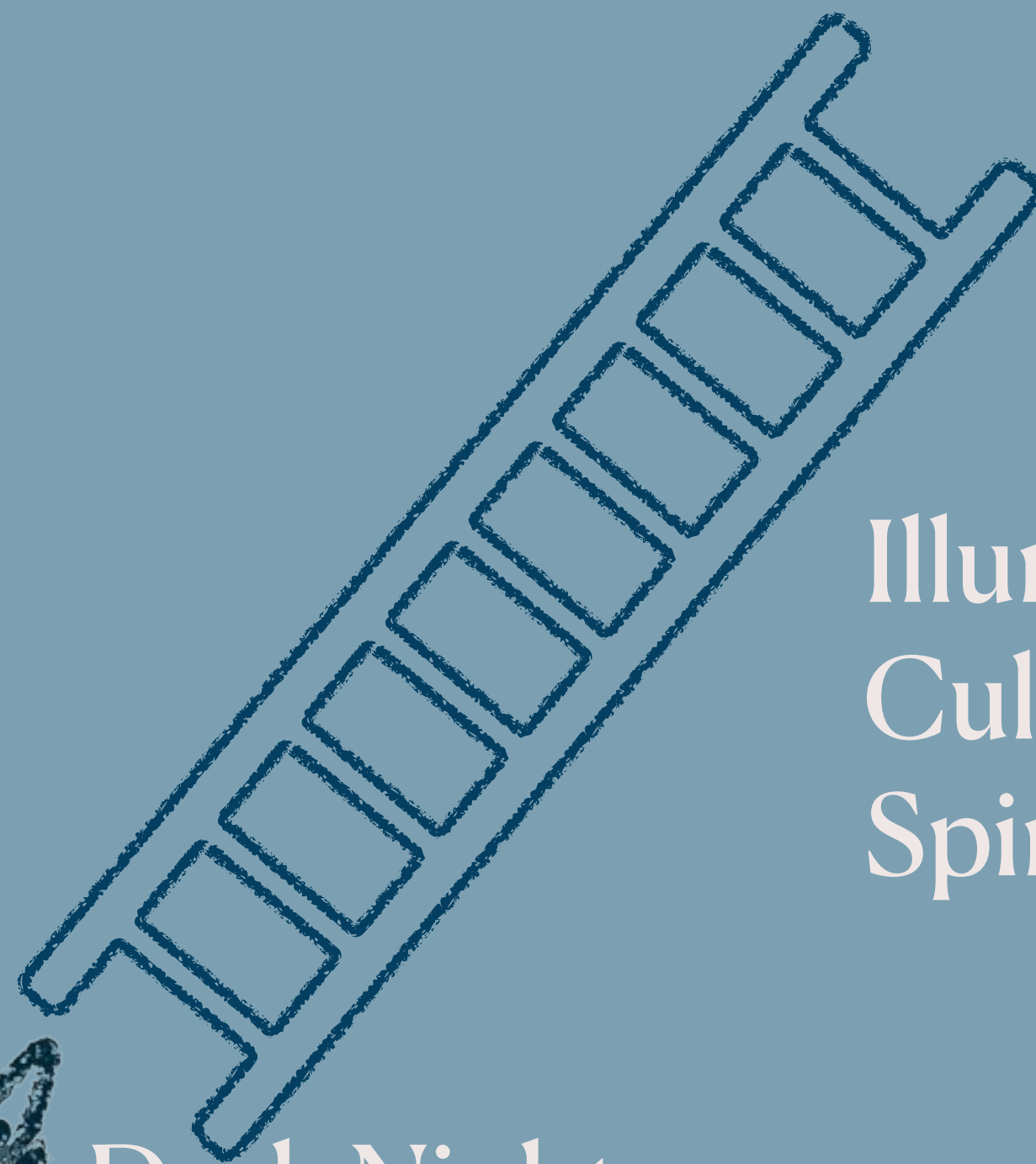


Spiritual
emergence(y)

Purgation:
Cutting away



Dark Night



Illumination:
Cultivating a
Spiritual Practice

All things are in God,
And God is in all things.

Hafiz

A child's mere pencil sketch is every religion's best description of God.

Who then will ever take issue or argue over such a naive and innocent portrait?

Surely the intelligent, compassionate, and wise would not bother with such.

And who with a living heart would not encourage a child's art in hopes that someday,

someday a great truth and work might be gifted to our world through their soul's strength, insights, and talents

and liberate and unite the spheres within a body, for inherent in true art is emancipation.

And do you have worlds within yourself? Indeed. The night sky a microcosm of you.

The oil in the lamp the sun burns come from forests you once were, from rich deposits you left.



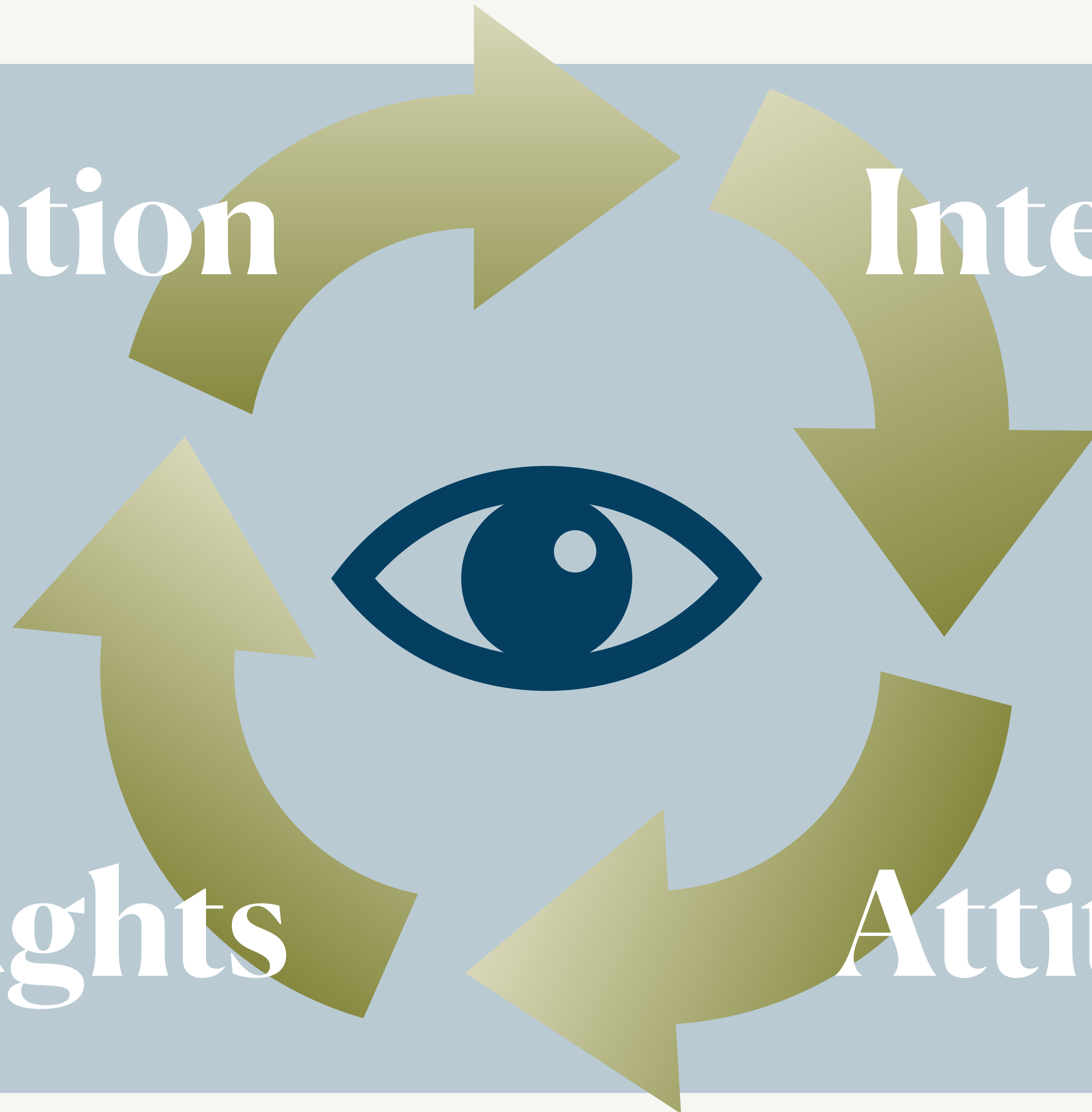
Attention

Intention



Thoughts

Attitude



**“Shame is the death of an
unloved part of the self.”**

Reverend Thandeka



Blue Myrtle

The change on the inside starts to become visible on the outside.



“...a violent attack from something dark and dreadful, for when the kingdom descends upon us, the experience is often a darkening of our old state of mind so that a new consciousness may emerge.”

THE KINGDOM WITHIN

The Inner Meaning of Jesus' Sayings

JOHN A. SANFORD

Spiritual
emergence(y)

Purgation:
Cutting away

Dark Night

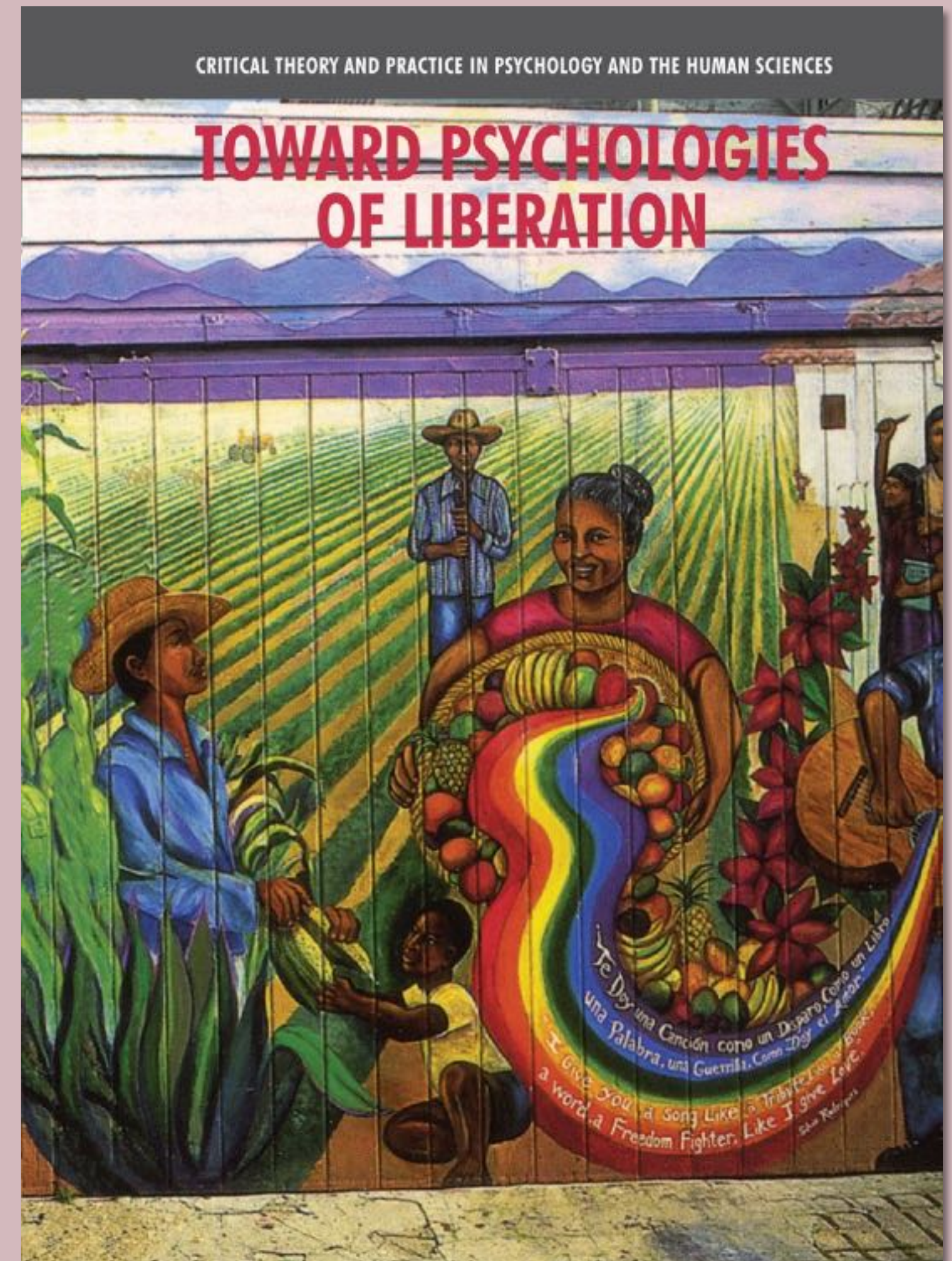
Illumination:
Cultivating a
Spiritual Practice

Union:
Breakthrough

“How might I need to be in order for others to be free?”

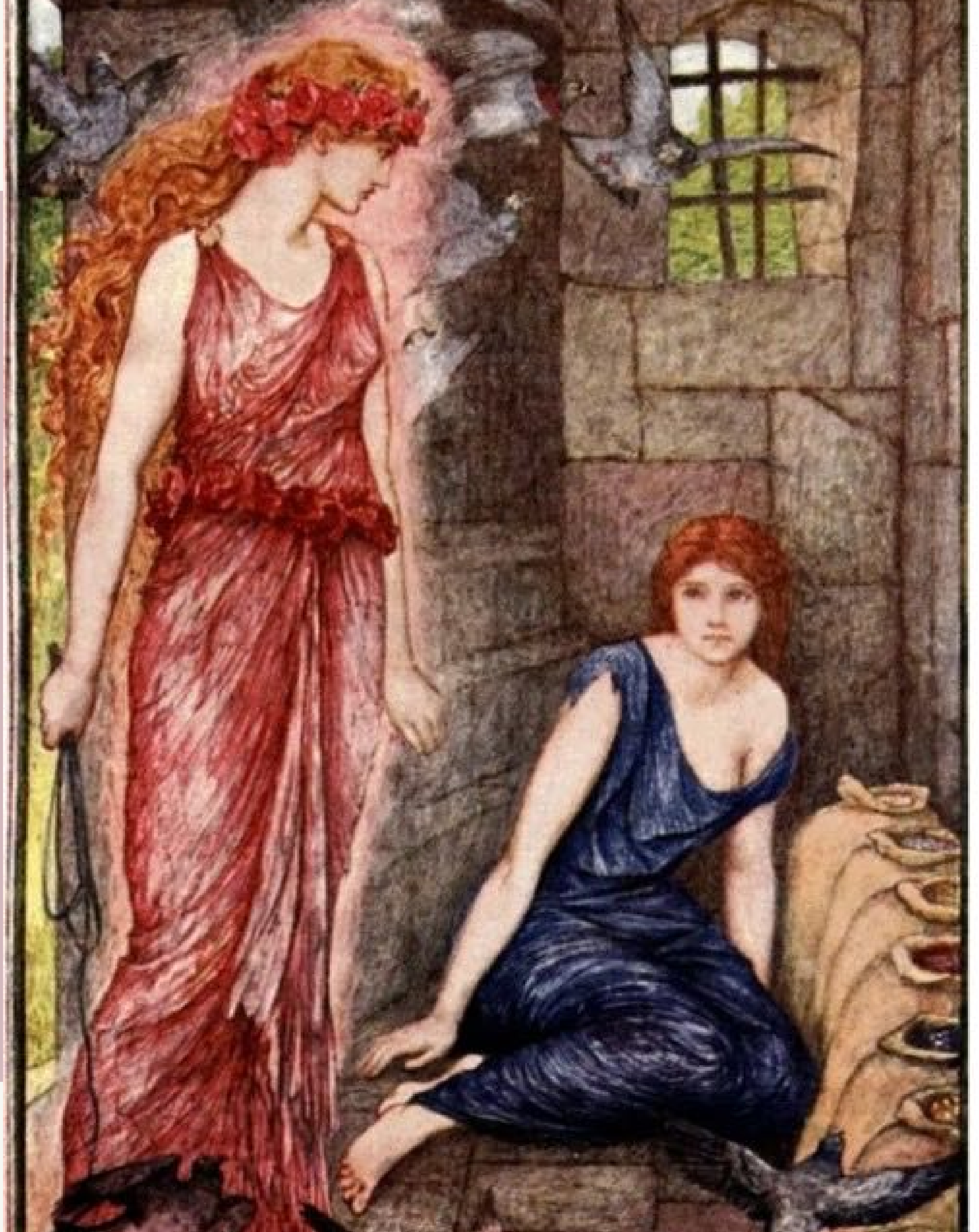
“The fabric of human life is woven with relationships. Once we thematize the importance of talking with one another, the multiplicity of ongoing and created situations in which dialogical skills can be nurtured abound. As we have seen, this requires us to slow down and turn toward each other, having a clear sense of the relationship between our current footing in dialogue with one another and the future we are trying to create. Nurturing our ability to talk *with* one another is essential to human liberation.”

-MARY WATKINS



Psyche & Aphrodite

A Soul's Journey



No matter where you go this week, no matter what happens, remember this:

You carry precious cargo,
so watch your step.