

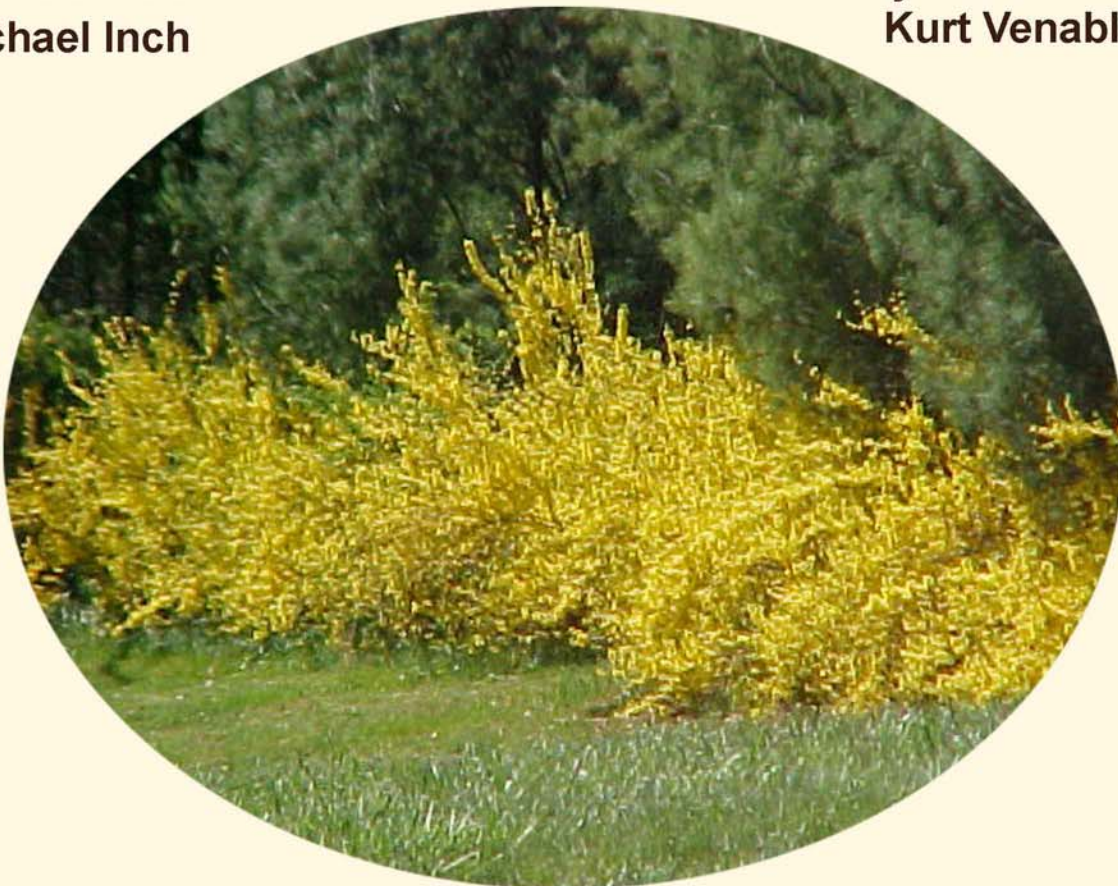
Spirituality & Community

May 2005

www.spiritualityandcommunity.com

Spiritual Art
Rachael Inch

Eye of the Beholder
Kurt Venables



Marcus Aurelius
Meditations

Poetry

To a Skylark
Percy Shelley

Whispers
Kurt Venables

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Who We Are

www.spiritualityandcommunity.com

Origins

Spirituality & Community was founded in late 2003 by Kurt Venables to communicate with others who share an interest in spirituality and an appreciation for a diversity of spiritual beliefs.

Mission

We are dedicated to the spiritual development of our members and promoting spirituality and appreciation for the rich array of spiritual beliefs the world provides.

Foundations

Spirituality & Community is a magazine and online community for those seeking answers to life's deepest questions. We hold closely these fundamental truths:

- To find true happiness, one must open his or her heart to the pure goodness that lies deep within. We call this pure goodness the Good, the Light, and the Lord within.*
- The process of opening one's heart is a lifelong journey, which we call Spirituality.*

We distinguish between spirituality and religion. *Our focus is spirituality, which we view as an inner search for happiness and fulfillment.* We are concerned with what lies within the heart. In religion, metaphysical and supernatural concepts are inextricably linked to spirituality, and you will find such religious concepts discussed here to the extent that the writer believes them to be entwined with spiritual topics. However, you will not find material written for the sole purpose of asserting, denying, or debating supernatural religious phenomena, whether they be associated with traditional religions or new age religions. Examples of such phenomena might include the existence of God, reincarnation, or extraterrestrials. It's not that we don't consider these to be worthy subjects; it's just that we believe that spirituality, the inner journey, is important in its own right, and that is our focus here.

We believe that true spiritual development depends upon a genuine appreciation for a diversity of spiritual beliefs. Among our highest values is open-mindedness. We do not require or expect others to accept the particular beliefs of any one of us. We believe that as we develop such an appreciation for diversity, our perspective shifts away from an "all or nothing" concept of spirituality, an approach that supposes that one must either wholly accept or utterly reject a particular set of spiritual beliefs. This perceptual shift allows us to view the beliefs of others from a fresh vantage point, take from each set of beliefs that which rings true, and synthesize a personal spirituality that makes sense for each of us. *We believe that spirituality may best be defined as a personal journey towards true happiness and spiritual fulfillment and that the beliefs of others serve to guide each of us on our own journey.* Our goals are the personal growth of each and every member and the promotion of spiritual values and respect for individuality.

We believe that when we view the spiritual beliefs of others with our hearts, we see truth shine through. Truth shines all around us if we know how to see it. The truth we see in the spiritual beliefs of others guides each of us. It is in this vein that we wish this organization to be viewed. ***Through Spirituality & Community, we reveal our most intimate beliefs. We sincerely hope that some will find some truth within them, and we wish you only the best on your own personal journey!***

What We Do- Opportunities for Exploring Spirituality and Communication

Spirituality & Community produces a magazine and encompasses an online community. Both aspects serve as the basis for bringing together those who share our aspirations and beliefs, to meet each other and exchange ideas. We provide many opportunities for exploring spirituality and communicating with others:

- Spirituality & Community magazine***
- Features on the site***
- Online chats***
- Retreats*** (as interest arises)

The magazine is based on a Reader's Digest® type model. It is comprised primarily of reader submitted material. It is the primary mechanism for a member to both explore spirituality and communicate his or her ideas to others. Features from the past several issues are also posted on the site.

Membership in Spirituality & Community is free and may be withdrawn at any time. The magazine is also free. Level of participation in any aspect of Spirituality & Community is strictly voluntary.

The organization and site were launched only recently. Currently, membership is very small- We are in growth mode right now. ***If you would like to join, please visit our web site and click the Join Us! link.***

Letters

Here, we post emails submitted by readers for posting in this forum. If you would like to submit a letter, please email: submitit@spiritualityandcommunity.com.

Diane

uswits@aol.com

Reiki Master

Spiritual Healer

Circle Leader/Trainer

Tarot and IChing Reader

Please email me if I can help you.

I am currently living in GB but,

I will be moving to NZ in a few weeks.

Love and Light to you all

Marcus Aurelius

Meditations

(Book 12)

Marcus Aurelius was one of the “Five Good Emperors” of the Roman Empire. He ruled from 161-180 AD.

1. All those things at which thou wishest to arrive by a circuitous road, thou canst have now, if thou dost not refuse them to thyself. And this means, if thou wilt take no notice of all the past, and trust the future to providence, and direct the present only conformably to piety and justice. Conformably to piety, that thou mayest be content with the lot which is assigned to thee, for nature designed it for thee and thee for it. Conformably to justice, that thou mayest always speak the truth freely and without disguise, and do the things which are agreeable to law and according to the worth of each. And let neither another man's wickedness hinder thee, nor opinion nor voice, nor yet the sensations of the poor flesh which has grown about thee; for the passive part will look to this. If then, whatever the time may be when thou shalt be near to thy departure, neglecting everything else thou shalt respect only thy ruling faculty and the divinity within thee, and if thou shalt be afraid not because thou must some time cease to live, but if thou shalt fear never to have begun to live according to nature- then thou wilt be a man worthy of the universe which has produced thee, and thou wilt cease to be a stranger in thy native land, and to wonder at things which happen daily as if they were something unexpected, and to be dependent on this or that.

2. God sees the minds (ruling principles) of all men bared of the material vesture and rind and impurities. For with his intellectual part alone he touches the intelligence only which has flowed and been derived from himself into these bodies. And if thou also usest thyself to do this, thou wilt rid thyself of thy much trouble. For he who regards not the poor flesh which envelops him, surely will not trouble himself by looking after raiment and dwelling and fame and such like externals and show.

3. The things are three of which thou art composed, a little body, a little breath (life), intelligence. Of these the first two are thine, so far as it is thy duty to take care of them; but the third alone is properly thine. Therefore if thou shalt separate from thyself, that is, from thy understanding, whatever others do or say, and whatever thou hast done or said thyself, and whatever future things trouble thee because they may happen, and whatever in the body which envelops thee or in the breath (life), which is by nature associated with the body, is attached to thee independent of thy will, and whatever the external circumfluent vortex whirls round, so that the intellectual power exempt from the things of fate can live pure and free by itself, doing what is just and accepting what happens and saying the truth: if thou wilt separate, I say, from this ruling faculty the things which are attached to it by the impressions of sense, and the things of time to come and of time that is past, and wilt make thyself like Empedocles' sphere,

All round, and in its joyous rest reposing; and if thou shalt strive to live only what is really thy life, that is, the present- then thou wilt be able to pass that portion of life which remains for thee up to the time of thy death, free from perturbations, nobly, and obedient to thy own daemon (to the god that is within thee).

4. I have often wondered how it is that every man loves himself more than all the rest of men, but yet sets less value on his own opinion of himself than on the opinion of others. If then a god or a wise teacher should present himself to a man and bid him to think of nothing and to design nothing which he would not express as soon as he conceived it, he could not endure it even for a single day. So much more respect have we to what our neighbours shall think of us than to what we shall think of ourselves.

5. How can it be that the gods after having arranged all things well and benevolently for mankind, have overlooked this alone, that some men and very good men, and men who, as we may say, have had most communion with the divinity, and through pious acts and religious observances have been most intimate with the divinity, when they have once died should never exist again, but should be completely extinguished?

But if this is so, be assured that if it ought to have been otherwise, the gods would have done it. For if it were just, it would also be possible; and if it were according to nature, nature would have had it so. But because it is not so, if in fact it is not so, be thou convinced that it ought not to have been so:- for thou seest even of thyself that in this inquiry thou art disputing with the diety; and we should not thus dispute with the gods, unless they were most excellent and most just;- but if this is so, they would not have allowed anything in the ordering of the universe to be neglected unjustly and irrationally.

6. Practise thyself even in the things which thou despairst of accomplishing. For even the left hand, which is ineffectual for all other things for want of practice, holds the bridle more vigorously than the right hand; for it has been practised in this.

7. Consider in what condition both in body and soul a man should be when he is overtaken by death; and consider the shortness of life, the boundless abyss of time past and future, the feebleness of all matter.

8. Contemplate the formative principles (forms) of things bare of their coverings; the purposes of actions; consider what pain is, what pleasure is, and death, and fame; who is to himself the cause of his uneasiness; how no man is hindered by another; that everything is opinion.

9. In the application of thy principles thou must be like the pancratiast, not like the gladiator; for the gladiator lets fall the sword which he uses and is killed; but the other always has his hand, and needs to do nothing else than use it.

10. See what things are in themselves, dividing them into matter, form and purpose.
11. What a power man has to do nothing except what God will approve, and to accept all that God may give him.
12. With respect to that which happens conformably to nature, we ought to blame neither gods, for they do nothing wrong either voluntarily or involuntarily, nor men, for they do nothing wrong except involuntarily. Consequently we should blame nobody.
13. How ridiculous and what a stranger he is who is surprised at anything which happens in life.
14. Either there is a fatal necessity and invincible order, or a kind Providence, or a confusion without a purpose and without a director (Book IV). If then there is an invincible necessity, why dost thou resist? But if there is a Providence which allows itself to be propitiated, make thyself worthy of the help of the divinity. But if there is a confusion without governor, be content that in such a tempest thou hast in thyself a certain ruling intelligence. And even if the tempest carry thee away, let it carry away the poor flesh, the poor breath, everything else; for the intelligence at least it will not carry away.
15. Does the light of the lamp shine without losing its splendour until it is extinguished; and shall the truth which is in thee and justice and temperance be extinguished before thy death?
16. When a man has presented the appearance of having done wrong, say, How then do I know if this is a wrongful act? And even if he has done wrong, how do I know that he has not condemned himself? and so this is like tearing his own face. Consider that he, who would not have the bad man do wrong, is like the man who would not have the fig-tree to bear juice in the figs and infants to cry and the horse to neigh, and whatever else must of necessity be. For what must a man do who has such a character? If then thou art irritable, cure this man's disposition.
17. If it is not right, do not do it: if it is not true, do not say it. For let thy efforts be-
18. In everything always observe what the thing is which produces for thee an appearance, and resolve it by dividing it into the formal, the material, the purpose, and the time within which it must end.
19. Perceive at last that thou hast in thee something better and more divine than the things which cause the various affects, and as it were pull thee by the strings. What is there now in my mind? Is it fear, or suspicion, or desire, or anything of the kind?
20. First, do nothing inconsiderately, nor without a purpose. Second, make thy acts refer to nothing else than to a social end.
21. Consider that before long thou wilt be nobody and nowhere, nor will any of the things exist which thou now seest, nor any of those who are now living. For all things are formed by nature to change and be turned and to perish in order that other things in continuous succession may exist.

22. Consider that everything is opinion, and opinion is in thy power. Take away then, when thou choosest, thy opinion, and like a mariner, who has doubled the promontory, thou wilt find calm, everything stable, and a waveless bay.

23. Any one activity whatever it may be, when it has ceased at its proper time, suffers no evil because it has ceased; nor he who has done this act, does he suffer any evil for this reason that the act has ceased. In like manner then the whole which consists of all the acts, which is our life, if it cease at its proper time, suffers no evil for this reason that it has ceased; nor he who has terminated this series at the proper time, has he been ill dealt with. But the proper time and the limit nature fixes, sometimes as in old age the peculiar nature of man, but always the universal nature, by the change of whose parts the whole universe continues ever young and perfect. And everything which is useful to the universal is always good and in season. Therefore the termination of life for every man is no evil, because neither is it shameful, since it is both independent of the will and not opposed to the general interest, but it is good, since it is seasonable and profitable to and congruent with the universal. For thus too he is moved by the deity who is moved in the same manner with the deity and moved towards the same things in his mind.

24. These three principles thou must have in readiness. In the things which thou doest do nothing either inconsiderately or otherwise than as justice herself would act; but with respect to what may happen to thee from without, consider that it happens either by chance or according to Providence, and thou must neither blame chance nor accuse Providence. Second, consider what every being is from the seed to the time of its receiving a soul, and from the reception of a soul to the giving back of the same, and of what things every being is compounded and into what things it is resolved. Third, if thou shouldst suddenly be raised up above the earth, and shouldst look down on human things, and observe the variety of them how great it is, and at the same time also shouldst see at a glance how great is the number of beings who dwell around in the air and the aether, consider that as often as thou shouldst be raised up, thou wouldst see the same things, sameness of form and shortness of duration. Are these things to be proud of?

25. Cast away opinion: thou art saved. Who then hinders thee from casting it away?

26. When thou art troubled about anything, thou hast forgotten this, that all things happen according to the universal nature; and forgotten this, that a man's wrongful act is nothing to thee; and further thou hast forgotten this, that everything which happens, always happened so and will happen so, and now happens so everywhere; forgotten this too, how close is the kinship between a man and the whole human race, for it is a community, not of a little blood or seed, but of intelligence. And thou hast forgotten this too, that every man's intelligence is a god, and is an efflux of the deity; and forgotten this, that nothing is a man's own, but that his child and his body and his very soul came from the deity; forgotten this, that everything is opinion; and lastly thou hast forgotten that every man lives the present time only, and loses only this.

27. Constantly bring to thy recollection those who have complained greatly about anything, those who have been most conspicuous by the greatest fame or misfortunes or enmities or fortunes of any kind: then think where are they all now? Smoke and ash and a tale, or not even a tale. And let there be present to thy mind also everything of this sort, how Fabius Catullinus lived in the

country, and Lucius Lupus in his gardens, and Stertinius at Baiae, and Tiberius at Capreae, and Velius Rufus (or Rufus at Velia); and in fine think of the eager pursuit of anything conjoined with pride; and how worthless everything is after which men violently strain; and how much more philosophical it is for a man in the opportunities presented to him to show himself just, temperate, obedient to the gods, and to do this with all simplicity: for the pride which is proud of its want of pride is the most intolerable of all.

28. To those who ask, Where hast thou seen the gods or how dost thou comprehend that they exist and so worshipest them? I answer, in the first place, they may be seen even with the eyes; in the second place, neither have I seen even my own soul and yet I honour it. Thus then with respect to the gods, from what I constantly experience of their power, from this I comprehend that they exist and I venerate them.

29. The safety of life is this, to examine everything all through, what it is itself, what is its material, what the formal part; with all thy soul to do justice and to say the truth. What remains except to enjoy life by joining one good thing to another so as not to leave even the smallest intervals between?

30. There is one light of the sun, though it is interrupted by walls, mountains, and other things infinite. There is one common substance, though it is distributed among countless bodies which have their several qualities. There is one soul, though it is distributed among infinite natures and individual circumscriptions [or individuals]. There is one intelligent soul, though it seems to be divided. Now in the things which have been mentioned all the other parts, such as those which are air and matter, are without sensation and have no fellowship: and yet even these parts the intelligent principle holds together, and the gravitation towards the same. But intellect in a peculiar manner tends to that which is of the same kin, and combines with it, and the feeling for communion is not interrupted.

31. What dost thou wish? to continue to exist? Well, dost thou wish to have sensation? movement? growth? and then again to cease to grow? to use thy speech? to think? What is there of all these things which seems to thee worth desiring? But if it is easy to set little value on all these things, turn to that which remains, which is to follow reason and god. But it is inconsistent with honouring reason and god to be troubled because by death a man will be deprived of the other things.

32. How small a part of the boundless and unfathomable time is assigned to every man! for it is very soon swallowed up in the eternal. And how small a part of the whole substance! and how small a part of the universal soul! and on what a small clod of the whole earth thou creepst! Reflecting on all this, consider nothing to be great, except to act as thy nature leads thee, and to endure that which the common nature brings.

33. How does the ruling faculty make use of itself? for all lies in this. But everything else, whether it is in the power of thy will or not, is only lifeless ashes and smoke.

34. This reflection is most adapted to move us to contempt of death, that even those who think pleasure to be a good and pain an evil still have despised it.

35. The man to whom that only is good which comes in due season, and to whom it is the same thing whether he has done more or fewer acts conformable to right reason, and to whom it makes no difference whether he contemplates the world for a longer or a shorter time—for this man neither is death a terrible thing (iii. 7; vi. 23; x. 20; xii. 23).

36. Man, thou hast been a citizen in this great state [the world]: what difference does it make to thee whether for five years [or three]? for that which is conformable to the laws is just for all. Where is the hardship then, if no tyrant nor yet an unjust judge sends thee away from the state, but nature who brought thee into it? the same as if a praetor who has employed an actor dismisses him from the stage. “But I have not finished the five acts, but only three of them.”—Thou sayest well, but in life the three acts are the whole drama; for what shall be a complete drama is determined by him who was once the cause of its composition, and now of its dissolution: but thou art the cause of neither. Depart then satisfied, for he also who releases thee is satisfied.

Spiritual Soup

Kurt Venables

The Eye of the Beholder

It's mid March, and we had a late snowfall last night. Walking the dog this morning was a bit of a surreal experience. The sky was overcast and gray; a thick mist hung low in the air. But the soft, heavy snow hung off the trees like Christmas ornaments. It was the kind of day that was at once both dreary and magical. You could immerse yourself in either depending on your state of mind. I looked up and saw a lone dove near the top of a barren tree. It looked odd, alone in the lifeless landscape. After a short while, a group of doves came to join the other, and they all flew off towards the sun that was just beginning to burn through the haze.

Life is kind of like that. Optimism is a crucial part of spirituality. We have the power to choose the world we live in by cultivating the right kind of feelings. The Light, that pure goodness within each of us, is the key. When the Light shines bright within us, it also casts its soft light on the world we see, and all glitters with gold. As I've said before, the Light allows us to see the wonder of the ordinary. When the Light shines within, both the ordinary in the world around us and the ordinary fact of our own lives shine like facets on a diamond. Do you understand how magical your consciousness, your being, is? Sometimes we get bogged down with the pace and frustrations of daily life. If we step back, take a deep breath, and allow the Light to shine, the wonder returns. Life *is* often a struggle. It's difficult or impossible to



always maintain a perfectly loving heart. But the end of spirituality is the beginning, the striving, the constant return to the Light. And each new beginning is as beautiful as the last. Do you choose to see the world through a gray haze or do you see the wonder of a new fallen snow?

We also have the power to change our external world. The Light runs through each of us. It shines in varying degrees, but it cannot be extinguished. We are all connected in a lattice, through which the invisible hand of the Light works. And goodness is contagious. When one sees the Light shining bright within another, the Light glows brighter within the first. Under the right conditions, goodness has the power to grow exponentially. It's really up to us. It depends on whether people allow the Light to shine within. It is a choice. But it is possible for the world, or subsets of the world, to change dramatically for the better, through love. Under the warm glow of the Light, we can leave behind our often cold and alienating modern world, as the doves left behind the barren landscape this morning and spread their wings beneath the sun.

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Spiritual Art

Rachael Inch

Please contact Rachael Inch at wildchild@quicksilver.net.nz.
She is available to create personalized spiritual paintings.



Where Heaven Meets



Om Shivaya



Moonlight Delight

Whispers

Kurt Venables

*I sat alone
With the curtains closed
In a darkened room
On a day in June*

*I heard a tapping
The sound of laughing
A light touch that recedes
Barely perceived*

**And so it began
I was concentrating so intently
On completing my next task
That I almost ignored
The gentle intrusion
On my well scheduled day**

**I nudged open the curtains
And my sore eyes came to rest
Upon a sunbeam, rapping at my window
I threw up the panes and drew a long breath
The sunbeam laughed, and the green grass rustled below
My spirit soared, upon the whistling wind**

**Voices surround and comprise the din
We need to listen;
Not to the loudest voices, but to the softest;
To step back from the pace of daily life
And understand what is truly important;
To hear the whispers of light**

To a Skylark

Percy Shelley

Hail to thee, blithe Spirit!
Bird thou never wert,
That from Heaven, or near it,
Pourest thy full heart
In profuse strains of unpremeditated art.

Higher still and higher
From the earth thou springest
Like a cloud of fire;
The blue deep thou wingest,
And singing still dost soar, and soaring ever singest.

In the golden lightning
Of the sunken sun
O'er which clouds are bright'ning,
Thou dost float and run,
Like an unbodied joy whose race is just begun.

The pale purple even
Melts around thy flight;
Like a star of Heaven
In the broad daylight
Thou art unseen, but yet I hear thy shrill delight:

Keen as are the arrows
Of that silver sphere,
Whose intense lamp narrows
In the white dawn clear
Until we hardly see - we feel that it is there.

All the earth and air
With thy voice is loud.
As, when night is bare,
From one lonely cloud
The moon rains out her beams, and heaven is overflowed.

What thou art we know not;
What is most like thee?
From rainbow clouds there flow not
Drops so bright to see
As from thy presence showers a rain of melody.

Like a poet hidden
In the light of thought
Singing hymns unbidden,
Till the world is wrought
To sympathy with hopes and fears it heeded not:

Like a high-born maiden
In a palace tower,
Soothing her love-laden
Soul in secret hour
With music sweet as love, which overflows her bower:

Like a glow-worm golden
In a dell of dew,
Scattering unbeholden
Its aerial hue
Among the flowers and grass, which screen it from the view:

Like a rose embowered
In its own green leaves,
By warm winds deflowered,
Till the scent it gives
Makes faint with too much sweet these heavy-winged thieves.

Sound of vernal showers
On the twinkling grass,
Rain-awakened flowers,
All that ever was
Joyous, and clear, and fresh, thy music doth surpass.

Teach us, sprite or bird,
What sweet thoughts are thine:
I have never heard
Praise of love or wine
That panted forth a flood of rapture so divine.

Chorus hymeneal
Or triumphal chaunt
Matched with thine, would be all
But an empty vaunt -
A thing wherein we feel there is some hidden want.

What objects are the fountains
Of thy happy strain?
What fields, or waves, or mountains?
What shapes of sky or plain?
What love of thine own kind? what ignorance of pain?

Whith thy clear keen joyance
Languor cannot be:
Shadow of annoyance
Never came near thee:
Thou lovest, but ne'er knew love's sad satiety.

Waking or asleep,
Thou of death must deem
Things more true and deep
Than we mortals dream,
Or how could thy notes flow in such a crystal stream?

We look before and after,
And pine for what is not:
Our sincerest laughter
With some pain is fraught;
Our sweetest songs are those that tell of saddest thought.

Yet if we could scorn
Hate, and pride, and fear;
If we were things born
Not to shed a tear,
I know not how thy joy we ever should come near.

Better than all measures
Of delightful sound,
Better than all treasures
That in books are found,
Thy skill to poet were, thou scorner of the ground!

Teach me half the gladness
That thy brain must know,
Such harmonious madness
From my lips would flow
The world should listen then, as I am listening now!