

BECOME THE PATH

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Behind all the harshness and suffering in our world there exists a quiet stirring within the human heart that provides the seed for the profound changes on the horizon. All around us and within us, on the most fundamental level, something far deeper than we have ever known or experienced is attempting to come to birth. As we begin to awaken to what is occurring, our direction changes and we find ourselves following a new way, a new path. We begin to take our cues from an inner compass and no longer from the many strident voices that too often seek to pull us in a myriad of directions. We move in concert with the gentle voice that penetrates our consciousness at odd moments—leaving impressions, fleeting indications, of a profundity that we can't fully capture, let alone comprehend.

Sometimes, because of its very fragility, this voice fails to penetrate into the coarseness of daily life. Too often the outer things, with their immediacy and fleeting pleasures, command our attention in ways that leave us encased within the walls of ourselves and the veils of this world—forgetting our true “master.” A call if not responded to, a knock if ignored, causes the doors of inner perception to close, at least for a time. So, in order to travel this way, we are asked to pay attention and awaken to the opportunities that are seeking to reveal themselves all around.

All that we find so beautiful in this world of ours—its people and the love that we can share, the subtleties of nature, the delicacies of fine art and the power of music—pales in comparison with the beauty that exists within the subtle reality. Many people today understand this and are cultivating and nurturing this deep well within, a well that sustains them amidst the surface fragmentation. These moments provide the seeds that will come to fruition at another, gentler time. We are laying this foundation now, both within ourselves and within the world at large, for a flowering of consciousness and spirit that will be greater, vaster and nobler than anything we have ever known.

Regardless of where our outer service responsibilities may lie, we can each form part of an inner nucleus of people who will “daily...meet each other at a set time and in the secret place.” Meditation is perhaps our most powerful tool for individual and planetary transformation. It becomes a way of life and a state of consciousness that permeates our attitudes and actions throughout the day.

Through meditation we “become the path” as we seek the way from within the very fabric of consciousness itself. That path leads us “from darkness to light, from the unreal to the real, from death to immortality.” Eventually we come to realize that our spiritual practices have a much larger, universal purpose and are, in fact, part of a vast planetary re-structuring that is going on at this time. As we meditate, we increasingly find ourselves caught up within the rhythm of the planetary heart beat.

Sometimes people disparage spiritual seekers, viewing them as self-absorbed, impractical idealists, remote and distant from the concerns and cares of the world and its affairs. And while this attitude clearly does characterize some people, increasing numbers of seekers today recognize the need for a mental focus and an engaged spirituality. For them, there are no distinctions between the spiritual and the so-called material world. Their reality is centered in the firm recognition that the whole intent and purpose of a spiritual life is to use our hearts and minds to alleviate suffering and to help prepare the way for the coming events that could be near at hand. It's said that “one disciple

thinking truth can revolutionize his or her environment” and a group so thinking can change the world.
