

“Journey Toward Wholeness”

presented by Sally Klinkon

January 6, 2008

PRELUDE

Andante con moto tranquillo, Op. 49 Mendelssohn

LIGHTING THE CHALICE

We light this chalice as a symbol of the inner flame that burns brightly within us, igniting our passion for life and guiding us, by the light of its truth, to greater integrity and wholeness of being.

LIGHTING OUR WAY

We light these candles to acknowledge our personal joys and sorrows, and all those unspoken concerns that fill our minds today. Let the lighted candles serve to empty us for the journey, while we direct our attention to the words and music of the service today.

READING

Deep inside us is an inner pattern – a guiding image – which knows what it means to be whole, and knows what our true nature and life goal is. It is from within this center that the impetus for beginning the journey arises, and it is from this same inner pattern that the life energy needed for the journey is provided for us to use along our way.

MUSIC FOR THE JOURNEY: Quasi Variazione, Op. 9 - Andante Rachmaninoff

THE VISION OF WHOLENESS

Today’s story is a parable. Parables are stories with a message.

After years of searching, the seeker was told to go to a cave in which he would find a well. “Ask the well what Truth is , “ he was advised, “and the well will reveal it to you.”

Having found the well, the seeker asked that most fundamental question. And from the depth came the answer. “Go to the village crossroad: there you wil find what you are seeking.”

Full of hope and anticipation, the man ran to the crossroad to find only three rather uninteresting shops. One shop was selling pieces of metal, another sold wood, and thin wires were for sale in the third. Nothing and no one there seemed to have much to do with the revelation of Truth.

Disappointed, the seeker returned to the well to demand an explanation, but he was told, "You will understand in the future." When the man protested, all he got in return were echoes of his own shouts. Indignant for having been made a fool of, the seeker continued on his wanderings in search of Truth. As the years went by, the memory of his experience at the well gradually faded, until one night. While he was walking in the moonlight, the sound of sitar music caught his attention. It was wonderful music, and it was played with great mastery and inspiration.

Profoundly moved, the truthseeker felt drawn toward the player. He looked at his fingers dancing over the strings. He became aware of the sitar itself. And then suddenly he exploded in a cry of joyous recognition: the sitar was made out of wires, and pieces of metal and wood just like those he had once see in the the three stores and had thought to be without any particular significance.

At last he understood the message of the well: we have already been given everyting we need; our task is to assemble and use it in the appropriate way.

THE CIRCLE OF WHOLENESS

The journey of life calls us to enter into a symbolic circle of wholeness which has four major divisions of equal importance. Each one represents a vital part of our nature, and provides us with a guiding principle or blueprint for our lives. These four principles have been called The Fourfold Way. As we draw on the power and guidance of these four patterns, or inner archetypes, we grow in awareness of how to live them, and we move forward in the way of wholeness.

MUSIC FOR THE JOURNEY : Quasi Variazione, Op. 9 - Moderato

Rachmaninoff

THE WAY OF POWER

The first of these guiding principles is the way of power, or The Warrior's Way. Here we learn to claim our place and power in the world. The Warrior's Way leads to high-level assertiveness, and the gifts of courage, strength and discipline. On an internal level, we develop the ability to defend ourselves and to have strong boundaries.

Indigenous peoples describe the Way of the Warrior as the place in life where we choose to be present and take a stand. We demonstrate the right use of power by choosing where we are willing to "show up" and where we are willing to say yes or to say no.

Native peoples recognize that our connection to nature is empowering and healing. Trees are considered to be "medicine people." Like a tree, the Way of the Warrior is to be rooted and stable, yet flexible and able to bend with the wind. The trunk of the tree shows us where and how our life force and creative power are being engaged, while the branches of the tree symbolize our life goals.

In describing the strength and character of a tree, Douglas Woods says,

“Jack pines are not lumber trees, and they won’t win beauty contests. But to me, this valiant old tree is as beautiful as a living thing can beIn the calligraphy of its shape against the sky is written strength of character, perseverance, survival of wind, drought, cold, heat and disease. In its silence, it speaks of wholeness,an integrity that comes from being who you are.”

The Way of the Warrior leads us to ask the following questions:

“Where am I fully present and taking a stand?

“What have been my greatest challenges? Where have I met them with my full power?

“What is my connection to nature? How do I see nature as my ally?”

“How am I aware of my own limits and boundaries? How do I defend my boundaries?”

MUSIC FOR THE JOURNEY: TAKING A STAND:

Quasi Variarzione, Op. 9 - Moderato

Rachmaninoff

THE WAY OF THE VISIONARY OR CREATOR

The second guiding principle within the circle of wholeness is the Way of the Creator, or the Way of the Visionary. Here, as we pay attention to our visions, dreams, and the creative power of the imagination, we begin to awaken the seed of our true identity. This seed contains within it the potential that leads to our unique life mission – the thing we must do with our life, and our basic reason for being here. Aristotle called this Entelechy. As we listen to our own intuitive knowing, we are guided to our authenticity and our own subjective truth. We see more clearly the next steps to take on our journey.

In many indigenous cultures, it is said that each person has a unique pattern which is not duplicated anywhere else on the planet. It is called our original medicine. Our talents, gifts and resources are all part of our original medicine, and provide ways in which our creative spirit can express, and bring our life dream and purpose down to earth.

We can access our voice of truth through intuition, perception, insight, and vision. The power of sound also awakens us to our creative visions and inspirations – through singing, chanting, or listening to music. In most cultures the sounding of a bell also serves to align us with our deepest selves. Spending solitary time in nature, or going on a vision quest teaches us to increasingly trust our intuition and to awaken more fully to our life purpose.

The path of the visionary or Creator leads us to ask the following questions:

“Where in my life have I brought forward the creative aspects of who I am?

“Where and how am I able to maintain my authenticity?”

“How do I pay attention to the sacred in life? What practices and sources of inspiration me to my inner life?”

“What is my original medicine – my gifts, talents, and resources that are nowhere else duplicated?”

MUSIC FOR THE JOURNEY: CREATIVE VISIONING
Adagio, Op. 32 Arensky

THE WAY OF WISDOM

The third inner pattern in the circle of wholeness is the Way of Wisdom, or the Way of the Sage or Teacher. When we follow this way, we begin to connect with an objective truth that lies beyond our personal truth. We learn to access the inner observer, - that part of us that stands beyond thoughts, feelings, and desires, and is capable of watching the action without getting caught up in it. We learn to let go and trust the process of life. The highest achievement of the Sage or Teacher is freedom from attachment and illusion. As we develop our capacity to take in ultimate truth, we stop seeking knowledge and gain wisdom.

In indigenous societies, it is said that, in order to follow the way of the Sage and Teacher, we need to practice trust. There are four qualities of wisdom that grow out of the container of trust. They are clarity, objectivity, discernment, and detachment. The quality of wisdom is at work when we are open to all options and are comfortable with states of not knowing. When we are in a time of not knowing, it is considered to be an act of wisdom to wait and trust, until the right solution appears. Sitting in silence and practicing the art of listening are ways to access our own inherent wisdom and to gain more clarity, objectivity, discernment, and detachment.

The ocean is considered to be the primary teacher of detachment in nature. From the ocean we learn flexibility, resilience and letting go. Water is considered to have infinite capacities for fluidity, and to be cleansing, purifying, nurturing and healing.

The path of wisdom leads us to ask the following questions:

“How do I handle waiting in times of confusion? Where am I comfortable with states of not knowing?”

“Where and how am I able to be comfortable with silence? How do I practice the art of listening?”

“Where am I able to be detached, flexible, and resilient?”

MUSIC FOR THE JOURNEY: FLUIDITY AND DETACHMENT
Andante Espressivo Debussy

THE WAY OF LOVE

The fourth guiding principle in the circle of wholeness is the way of Love. We follow the way of Love when we experience a passionate connection to life – when we form a deep attachment to a person or place, to our work or a cause or way of life we believe in. We find and follow our bliss, and we make a commitment to whom or what we love.

John Sanford says “that to become whole, we must be involved with life.....Our life must have a story to it,.... And this means we must come up against something; otherwise a story can't take place.....It we stand on the sidelines, wholeness cannot emerge.”

Without love, we can be born, but never really live. However, love comes to us, it is a call to move away from a disconnected way of living, to accept all that love has to offer, and respond with deep feeling to the whole interconnected way of life.

For many native Americans, the four-chambered heart is the source of emotional and spiritual health. We are open-hearted when we soften and open the heart; we are strong-hearted when we have the courage to be authentic. We are clear-hearted when our hearts are without confusion, doubt, or ambivalence; we are full-hearted when we approach life wholeheartedly, doing what we love to do, and paying attention to what has heart and meaning for us.

We maintain the health of the four-chambered heart when we open to the six kinds of universal love. They are: love between partners, love between parent and child, love between extended family and friends, love in professional or working relationships, love of self, and unconditional or spiritual love.

We experience love when we embrace a larger pattern and grow into something greater, deeper and stronger.

We experience love as the field that envelopes us. Through it we find our center, our core and our reason for being.

We experience love as a unifying force – an underlying continuity which draws things together and deepens them in right relationship.

Love is seeing that we are already connected, that we are part of an intricate relationship that extends through all of life.

Love is a connection at the core of our being where we realize that there are no boundaries, that we are all made of the same essence – that we are all one.

Larry Dossey says: “Love occupies a majestic place in healing. Lying outside space and time, it is a living tissue of reality, and a bond that unites us all.”

The way of love leads us to ask the following questions:

“What do I know about love? How do I give and receive love?”

“How do I experience heart and meaning in life?”

“Who have been the teachers of my heart?”

SITTING IN SILENCE

MUSIC FOR THE JOURNEY: EXPERIENCING HEART AND MEANING
Mit innigem Ausdruck , Op. 80 Schumann

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READING by Ferrucci

“Love can provide the fertile environment
in which the best psychological seeds will sprout.
A greater synthesis takes place in our being ...
and we are helped to become more whole.
The whole personality becomes increasingly focused and harmonized,...
it can help us melt our blocks, untie our knots,..and open up our closures.
Love permits us to rediscover our self
and galvanizes us into fulfilling our destiny.”

BENEDICTION

May the light around us guide our footsteps and hold us fast to the best
and most righteous that we seek.

May the darkness around us nurture our dreams and visions and give us rest so that we may
remember who we are,
what we are here to do,
and what has heart and meaning for us.

Let us seek to remember the wholeness of our lives, the weaving of light and shadow, in this
great and astonishing dance in which we move.

POSTLUDE: Quasi Variazione, Op. 9 - Allegro Rachmaninoff

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