



Dearest,

This morning as I meditated the George Harrison song My Sweet Lord played in my head.

'I really wanna be with You' says so much about the secret of spiritual initiation.

Life, people and the unfair way things can seem at times knocks many off the path. The trials and tests are hard for all of us to comprehend.

I know some people let you down, I've been there too.

The vulgar, greedy and uncompassionate behaviour of many, with such potential for change, is a disappointment.

Yet, beyond the actions of those trapped in suffering, there is light.

That light will not let you down. That commitment to love will not fade in time. That friendship has no strings attached. The heart of The Beloved beats eternally strong. Yet that rhythm is not for the faint-hearted. That is the path of the spiritual warrior.

That initiatory road into the heart of The Beloved must be empowered from within. No teacher, no guru and indeed no teaching is responsible for you stepping onto that quest. We all need to muster the courage to rise up. To transcend the actions of many and find the magic only the few discover.

When we want The Beloved with every breath and every step, we are unstoppable.

When we thirst for the river, the river exists.

Our lives should long for that river like a baby wants its mother's milk. When we chose that depth of commitment then the reunion will not be long. Like two

magnets attracted to each other, you and your Creator will come together. There is no other outcome.

On my path, the shamans path we speak of spiritual warriors. But our fight is not with others, or anything 'out there'. Our only battle is with our own mind. With the fears, assumptions and terrible stories it can conjure. Most people try to cast out these thoughts via projections. Just look at the world of movies and books and social media and the evidence is over whelming. Yet we cannot outrun our own shadow.

Our good inner work is essential. Our meditations, journey's, prayers, reiki and mantras are needed to train our minds. Our spiritual masters are a blessing too. BUT ONLY when we do the inner work.

Today dear one, allow your longing for the love of The Beloved to be heard. Double your prayers for those trapped in their nightmares. Chant a mantra or sing a song as you walk through life. Make a commitment to find fully 'the joy'. Re-commit to a life of service. Close over the petals of your eyes and visualise your God before you. Share your wish to be together. Come home to that peace of heart.

Let us hold this vision for all in this community, your other sangha's, family, country and the whole world.

My sweet friend, I really wanna be in circle with you again. Singing, laughing and sharing our devotion to loving life. Let's go there right now, let us close over the petals of our eyes and see each other, and the rest of our spiritual sisters and brothers, in ceremony, in life and in love.

Yours truly,

Stephen