

"Contemplative Verse" written & produced by the R Gray collection 650 515-1682 Copies available: certified-environmental.com/Contemplative

### The Master's Touch

Joy, not found in words alone, its depth in life, its meaning shown. Not qualities from books we glean, but through a life lived pure and keen.

Apprenticeship in faith's true art, where master's wisdom shapes the heart. Through years of discipline, we see, what true devotion comes to be.

Verbal lessons will impart, but subtler ways train the heart. In daily walks and close embrace, we learn the rhythm, find the grace.

*Timing, touch, so softly taught, in master's life, each moment caught. Through shared days and intimate sight, The Christian walk, a guiding light.* 

For skill in spirit, not just lore, Is learned by living, loving more. In master's steps, our hearts grow strong, in their example, we belong.

Thus, joy and faith, not cold and bare, are taught by those who truly care. Through daily love and constant touch, we learn to walk in grace, so much.

So let us seek the master's way, In every moment, every day. To live and learn, with hearts aligned, to find the joy in love divine.

For in their wisdom, deeply sown, we find the seeds of faith well grown. In every gesture, every word, the master's teachings are transferred.

Together in this sacred bond, we journey to the world beyond. With joy and faith our guiding light, we'll walk in grace, in pure delight.

In essence, the poem emphasizes the importance of learning faith and devotion through close mentorship, daily interactions, and living examples, rather than just through books or verbal instruction. It highlights the deep, personal growth that comes from this intimate and consistent guidance.

### Self- is more like a poem

A self is not a science project to be examined, analyzed, or dissected. A person cannot be known with the clarity and exactness of a lab experiment. A person is more like a poem that gets written moment by moment, stanza by stanza. The words can come like raindrops and soft breezes, or sometimes like thunderstorms or wind gusts. There are always surprises, words that don't rhyme or stanzas that go on and on, only to end abruptly.

God, by all names or no name, is not an answer—not like a sentence with a period that says, "This is it. This is all you need to know." God is more like a question that leads to yet another question. And then another. The answer is elusive, just beyond one's fingertips. It is the questions that make one's life worth living. It is the question that invite one to sit in stillness or dance in the wind.

#### **Expanding the Vision**

In this vast, unfolding poem, there lies the essence of human existence—a continuous journey of discovery and wonder. Each moment is a new verse, each experience a fresh stanza, each encounter a new line. The beauty of life is in its unpredictability, its capacity for surprise, its depth of emotion.

### The Dance of Life

In the dance of life, we move through joy and sorrow, through calm and chaos. Like dancers responding to music, we respond to the rhythm of our days, sometimes gracefully, sometimes awkwardly, always striving for harmony. Each step is an exploration, each turn a new perspective.

#### **God in the Questions**

God is the silent partner in this dance, not providing definitive answers but prompting us to explore further, to question more deeply. Each question is an invitation to delve deeper into the mystery of existence, to understand the divine presence in the fabric of our lives. In the silence of unanswered questions, we find the space to truly encounter God.

### **Embracing the Journey**

Rather than seeking finality, we embrace the journey, knowing that it is in the journey itself that we find meaning. The questions, the uncertainties, the moments of stillness, and the times of action—all are integral parts of the spiritual path. In this journey, we encounter not only God but also our true selves.

### The Unseen Threads

There are unseen threads that connect each stanza, each question, each moment of our lives. These threads form the tapestry of our existence, woven with love, hope, faith, and mystery. By acknowledging and embracing these threads, we can find a deeper sense of purpose and belonging.

### **Returning to the Poem**

Whenever life seems overwhelming, return to the poem. Read its lines, ponder its questions, and let the words lead you to new understandings. In the poem, you will find God—in the questions, the silences, the moments of joy, and the depths of sorrow. God is there, whispering through the verses, guiding you gently along the path.

### A Sacred Dialogue

Ultimately, life is a sacred dialogue between the self and the divine. It is in this dialogue, this exchange of questions and reflections, that we find our deepest truths and highest aspirations. By staying engaged in this conversation, we continually grow, evolve, and draw closer to the heart of God.

## The Poem of Life

A self, not a project, examined or torn, But a poem in progress, forever reborn. Each moment a stanza, each heartbeat a rhyme, Words like raindrops, moments in time.

Soft breezes of joy, thunderstorms of pain, Life's verses are varied like sun and rain. Surprises in lines, rhymes that defy, Stanzas that linger or abruptly die.

God is no answer, neat and confined, but a question, a quest, a journey defined. Each query a doorway, each answer a spark, Leading us onward, through light and dark.

In stillness, we listen, in wind, we dance, Life's poetry written, not left to chance. When life knocks us down, no answers in sight, we look for a poem, in the day and night.

Questions that echo, in silence they grow, taking us places we never could know. In the lines of the poem, in verses we weave, we find God's presence, in what we believe.

So, stay in the poem, return when you're called, in its stanzas and questions, you're never stalled. God appears gently, in whispers and song, in every heart's rhythm, where we all belong.



# Connecting with God

When you stand still from the thinking of Self, and the willing of Self; when both your intellect and will are quiet, and passive to the Expressions of the Eternal Word and Spirit; and when your Soul is winged up, and above that which is temporal, the outward Senses, and the Imagination being locked up by holy abstraction, then the Eternal Hearing, Seeing, and Speaking will be revealed in you; and so, God hears and sees through you, being now the Organ of God's Spirit; and so, God speaks in you, and whispers to your Spirit, and your Spirit hears God's Voice.

Blessed are you therefore if you can stand still from *Self*thinking and *Self*-willing and can stop the prevailing of your Imagination and Senses; for thus you may arrive at length to see the great Salvation of God being and be in earnest. What is there required of you, but to stand still, and see the Salvation of your God? And could you want anything less? For God knows what is best; and if you can but trust God will most certainly do better for you, than if you were left to your own Choice".

Connecting with God for God's guidance involves cultivating a deep, personal relationship with Him through various practices. Here are some ways to deepen that connection:

### 1. Prayer and Meditation

- **Regular Prayer**: Set aside time each day to talk to God. Share your thoughts, concerns, and thankfulness with Him.
- **Meditation**: Spend quiet time reflecting on God's presence and listening for His voice. This helps clear your mind and open your heart to His guidance.

### 2. Reading Scripture

• **Bible Study**: Read and study the Bible regularly. God's Word provides wisdom, encouragement, and direction for your life. • **Reflection**: Meditate on specific verses and ask God to reveal their meaning and how they apply to your life.

### 3. Worship and Praise

- Worship Services: Attend church services to worship God with others and hear His Word preached.
- **Personal Worship**: Spend time in personal worship, singing praises and expressing your love for God.

### 4. Fellowship with Other Believers

- **Community**: Engage in fellowship with other Christians. Share experiences, pray for each other, and support one another in your faith journeys.
- **Small Groups**: Join a Bible study group or prayer group to deepen your understanding of God's Word and build meaningful relationships.

### 5. Obedience and Service

- **Obeying God's Word**: Follow the teachings of the Bible and live according to God's principles.
- Serving Others: Serve others in love and humility. Through acts of service, you can experience God's presence and guidance.

### 6. Seeking the Holy Spirit

- **Guidance of the Holy Spirit**: Ask the Holy Spirit to guide you in your decisions and actions. Be attentive to the promptings and convictions that come from the Spirit.
- **Spiritual Gifts**: Discover and use your spiritual gifts to serve God and others.

### 7. Reflection and Journaling

- **Reflect on Your Journey**: Take time to reflect on your spiritual journey and how God has worked in your life.
- **Journaling**: Keep a journal to document your prayers, insights, and experiences with God. This can help you see patterns and growth in your faith.

### 8. Trust and Surrender

- **Trusting God**: Trust that God has a plan for your life and that He is always with you.
- **Surrendering Control**: Surrender your worries and desires to God, allowing Him to lead you according to His will.

By incorporating these practices into your daily life, you can cultivate a deeper connection with God and be more attuned to His guidance.

# Integrating Eternal Hearing and Seeing

Both Eternal Hearing and Eternal Seeing are profound ways of experiencing God's presence and guidance. Integrating these practices into your spiritual life can lead to a richer, more intimate relationship with the divine. By cultivating stillness, surrendering your will, and maintaining an open heart, you create the conditions for these deep spiritual encounters to occur. Embracing these experiences with faith and humility allows you to grow in your understanding and connection with God.

**Eternal Hearing** refers to the deep, inner knowing or insight that comes when you quiet your mind and open your heart to God's presence. This form of divine communication is not necessarily audible but is felt deeply within your soul. Here are a few key aspects to consider:

### 1. Inner Voice of the Divine

- **Subtle Impressions**: Eternal Hearing often manifests as subtle impressions or thoughts that feel divinely inspired. These impressions may come with a sense of clarity and peace.
- Intuitive Understanding: You may suddenly understand a spiritual truth or receive guidance about a decision you need to make. This understanding feels different from ordinary thought processes—more profound and insightful.
- Heartfelt Convictions: The insights received through Eternal Hearing often resonate deeply in your heart, aligning with your innermost beliefs and values.

### 2. Conditions for Eternal Hearing

• Stillness and Silence: Finding a quiet place and time for prayer or meditation helps facilitate this state of openness. The absence of external noise

and internal distractions allows you to be more receptive.

- **Surrender and Trust**: Letting go of your own will and trusting in God's plan opens the pathway for His voice to reach you. This surrender is an act of faith and humility.
- Attentive Listening: Being fully present and attentive during your quiet time helps you discern God's voice from your own thoughts.

**Eternal Seeing** involves spiritual visions or insights that occur when you are attuned to God's presence. These are often glimpses of divine truth or deeper understanding revealed in moments of stillness. Here are some elements to explore:

### **1. Spiritual Visions**

- Imagery and Symbols: Eternal Seeing may involve visual imagery or symbols that convey spiritual messages. These visions can be vivid and impactful, often carrying significant personal meaning.
- **Clarity of Perception**: These spiritual visions are marked by a clarity and focus that distinguishes them from daydreams or ordinary imagination. They feel real and carry a weight of divine significance.

### 2. Insights and Revelations

- **Deeper Understanding**: Eternal Seeing can bring about a profound understanding of spiritual truths or insights about your life and purpose. These revelations often feel enlightening and transformative.
- Encounters with the Divine: You might experience a sense of presence or encounter with the divine that leaves a lasting impression on your soul. This

can lead to a stronger sense of connection with God.

### 3. Conditions for Eternal Seeing

- Focused Meditation: Engaging in focused meditation and contemplative practices can help open your inner vision. This involves directing your attention inward and being receptive to whatever images or insights arise.
- **Purity of Intent**: Approaching these practices with a pure heart and sincere intention to seek God's guidance enhances the likelihood of experiencing Eternal Seeing.
- Faith and Openness: Having faith that God will reveal Himself to you in these moments and being open to whatever form that revelation takes is crucial.



# TRUE WORTH



## Purity of Intent

By approaching spiritual practices with purity of intent, one opens the heart to the possibility of Eternal Seeing spiritual visions and insights that reveal deeper truths and divine presence. This purity fosters a sacred space within, where God can communicate more freely and clearly, guiding the seeker on their spiritual journey. Here's an expanded exploration of this concept:

### **1. Sincere Intentions**

Purity of intent begins with sincerity—a true and earnest desire to connect with the divine. This involves:

- **Self-Examination**: Reflecting on your motivations to ensure they are aligned with a genuine longing for spiritual growth rather than personal gain.
- **Humility**: Approaching your spiritual practices with humility, recognizing your limitations and the need for divine guidance.

### 2. Creating Sacred Space

To experience Eternal Seeing, it's important to create a sacred space both externally and internally:

- **Physical Space**: Designate a quiet and peaceful area for prayer, meditation, or contemplation. This space should be free from distractions and filled with objects that inspire reverence and focus, such as candles, sacred texts, or symbols of your faith.
- Inner Space: Cultivate a peaceful and receptive state of mind. This involves calming your thoughts, letting go of worries, and opening your heart to divine presence.

### 3. Deepening Spiritual Practices

Engage in spiritual practices with a focus on purity of intent:

- Meditation and Contemplation: Spend time in silent meditation, allowing yourself to be still and listen for God's voice. Contemplative practices help quiet the mind and open the heart to divine insights.
- **Prayer**: Offer prayers that express your deepest yearnings and openness to divine guidance. Be honest and heartfelt in your communication with God.

### 4. Embracing Stillness and Silence

Stillness and silence are vital for experiencing Eternal Seeing:

- Quiet the Mind: Practice mindfulness and techniques to quiet the chatter of the mind. This can involve deep breathing exercises, repeating a sacred word or phrase, or focusing on your breath.
- **Listening**: In the silence, be attentive and ready to receive. Trust that God's communication may come in subtle ways, such as intuitive insights, feelings of peace, or unexpected thoughts.

### 5. Trusting the Process

Experiencing Eternal Seeing requires trust and patience:

- Faith in the Divine: Have faith that God will reveal Himself in His own time and way. Trust in the process, even if the insights are not immediate.
- **Patience and Persistence**: Be patient and persistent in your spiritual practices. Regularly set aside time for quiet reflection and remain open to whatever comes.

### 6. Reflecting on Experiences

After your spiritual practices, take time to reflect on any insights or experiences:

- Journaling: Keep a journal to document your spiritual journey. Write down your thoughts, feelings, and any visions or insights you receive. This helps you see patterns and track your progress.
- Integration: Reflect on how these insights can be integrated into your daily life. Consider how they can guide your actions, decisions, and relationships.

### 7. Communal Support

Sharing your journey with others can enhance your experience:

- **Spiritual Community**: Engage with a spiritual community or find a mentor who can provide guidance and support. Discussing your experiences with others can provide validation and deeper understanding.
- **Collective Worship**: Participate in collective worship and spiritual gatherings. The shared energy and collective focus can amplify your spiritual experiences.

By maintaining purity of intent and creating a sacred space for spiritual practices, you open yourself to the profound experience of Eternal Seeing. This path leads to a deeper connection with the divine, where God's presence and guidance become a living reality in your spiritual journey.



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