

Lent

Phillipians 2:7: *sed semetipsum exinanivit,*
But he emptied himself (*Konesis*)

What a special time Lent can be. We have the opportunity to check-in to experience to what and to whom we are attached or said in another way, our addictions, or in another, our distractions. We may empty ourselves of such happenings and relieve all that unnecessary pain and suffering (depression, worry, anxiety) in the Human Condition (questing for power, status, and/or prestige).

That is, if you wish to experience Unicity, that God is One. (Deuteronomy 6:4) One path has God "out there" somewhere. This is the exclusive path and we focus only on (our <fanciful> conception of) God. The other path is inclusive: God is within (whatever that may mean). The third path simply holds that God IS, if we but only be aware that such is so. God is not out-there nor in-here. There really is no "inclusive" or "exclusive" unless we make-up that distinction. God simply **IS**.

By emptying ourselves of worldly attachments and desires, we can open up to the realization of Unity within which the divine and all creation subsum. The earthy and heavenly domains are one in the same. Yet, we are less prone to take things as they **ARE**. Rather, we often times would like, wish or dream people, places, things, and events to be other than what, how, when, where, and why people, places, events, and things are just the way they are in themselves in the moment, now. When we are empty, we can engage in Life just as it is without the drama of making Life a personal event - unless we actually want to do so.

Contemporary attachments hinder our direct experience of Unicity. Such attachments may include and are not limited to include excessive reliance on technology and social media, material possessions, "wine-women-song", ego identification with career or social status, and the pursuit of constant stimulation and entertainment - all out-there. Is it not often remarked that the loneliest folk may be found in Hollywood? What are we running away from but our perceived isolation in the moment, our aloneness. We may forget that "alone" is a contraction of "all one". Such distractions create a barrier to us experiencing the interconnectedness of all things and prevent us from attuning to the deeper rhythms of life and spirituality. The more we learn to let-go and let-be, the less alone we are and the more in touch with ourselves/one another within all of Creation: from the quarks to the entire Universe (which, by the way, means: "to turn around one" L. *uni*: one, L. *versare*: to turn). We can realize Christ's prayer: *Father, may they all be one, as you and I are one that they may be one in us.* (John 17:21)

So for Lent, be aware of at least one attachment and let it go. For example,
How many times is Facebook opened? How about leaving it closed for Lent.
How many times is Instagram opened? How about leaving it closed for Lent.
How many times is YouTube opened? How about leaving it closed for Lent.

The stronger the "NO! NO WAY!", the more addictive attachment is at-hand.

Many blessings and Peace and Joy!
White Robed Monks of St. Benedict