

## Ordinary Time

Peace be with you!

The only factoid of information we humans may be assured of is our immediate experience within the moment – whatever that moment may be from birth to death. Yesterday (the past) and tomorrow (the future) do not exist and may be experienced only as fantasy (in the head). What about the present? That, too, is questionable. Is not the present typically defined as that which is now past and not yet future? Ughs – missed it! So, the ordinary state of being is just this moment – no, no, not THAT moment, but this moment only.

The Church calendar is now in Ordinary Time. It is a time for growth and maturation, a time in which the mystery of Christ is called to penetrate ever more deeply into history until all things are finally caught up in Christ (<https://www.usccb.org/prayer-worship/liturgical-year/ordinary-time>). In this moment, we can, if we so intend, be consciously aware of our thoughts, feelings, emotions and even people places and things and events. Yet, given the laws of perception, such experiences we filter through our belief systems, another layer of created fantasy. Some folk believe red is a great color, others abhor it – all depending upon the meaning a person as assigned to the color red. What meaning do you assign to yourself? To your life? To your thoughts, feelings, emotions? To people, places, things, and events? What meaning do you assign?

What is key in the Monastic (Gk *monos*, one) Experience? It is a direct experience of one's essential nature beyond concepts and dualistic thinking. It is a moment of profound insight and clarity that transcends ordinary understanding. Ah!! that metaphorically speaking (nondual) natural mind of a child (Matt 18:3) which we all share and which some of us have suppressed (denies) or repressed (forgets) based upon our interpretation of our cultural/familiar milieus. Wake up! The Kingdom of God is at hand. (Matt 4:17)

This awakening practice is to focus on the present, the mindful direct experience of reality. Here we recognize that all things are interconnected and interdependent recognizing that, as Christ prayed, *may they all be one; even as You, Father, are in Me and I in You, that they also may be in Us*. (John 17:21) We take the circumstance of the moment just as it is. We do not turn the circumstance into a situation by taking the circumstance personally, an egoic function. Life may be a personal event in the life-drama of the **Great Trinity: My, Myself, and I**. Yet, life is just life, is it not?

Hence, we place an emphasis on being fully present – consciously aware - and engaged in the here and now. We are now open to realize the Peace of Christ, not as the world gives, but as He gives. (John 14:27)

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