



Reading as Spiritual Practice: Uniting Heart, Mind, and Body

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Unedited Transcript

Almost 10 years ago, a member of our staff here at the center in New Mexico came to me and said what about if we start putting online some of the many things you talk about. I am afraid I talk about too many things, and he said, let's try to get them down into smaller pieces and offer them to people on a daily basis, and I thought, well, I don't know who is going to listen to that, but it grew from there. And every year it seems more people checked in and the staff encouraged me by drawing from more of my writings and talks and little by little we had a full-blown set of daily meditations, and I know that they introduced a lot of ideas that sometimes at first blush probably seem scary, edgy, new, dangerous. I don't think they are. Believe it or not, I pride myself in being a traditionalist. I would never have the courage to say the things I do or say them with any kind of self-confidence if I couldn't draw from scripture, from the whole 4000-year tradition of Judaism and Christianity and find them bookmarked throughout that tradition in saints and mystics and profits and counsels of the church. That's what tells me, okay Richard, you might be on the right course, at least somewhat right course. So, that's what we are going to offer you. I think it amounts to a mini course in mystical Christianity. Now don't be scared by that word mystical. For me, mystical simply means experiential, that it's not all up here in the head. It's not just sentimentality in the heart. It's not just body feelings, but it's somehow putting all of those together, and when I mean experiential, that's what I mean and that's what I want you to be able to experience where head and heart and body and soul are all working together. So, when you hear words like non-dual consciousness, mysticism, don't be scared. I am really plugging in to that Christianity that most of you first learned maybe as a little child, but probably you understood it, how could you not, with the mind of a little child, and if we are talking about experiential Christianity, we also want to introduce you if you don't mind me saying it to adult Christianity. Nothing less is going to feed this world. We don't have time for religious baby talk just to make us feel secure. We need to say what does that really mean, what does that really mean for me, and what does that really mean for the world? So, I'd love to invite you into that journey and it is a journey, and I promise you that we are going to go together to some place very good. Thank you for your trust.