

FAITH

MY JOURNAL

Lo, I am with you always.

You promised that

and when I realized it was true,

my soul flared up.

Any unhappiness comes from forgetting.

Remember and be close

with the friend.

R U M I

J A N U A R Y 2 0 0 3

		W ₁	T ₂	F ₃	S ₄	S ₅
M ₆	T ₇	W ₈	T ₉	F ₁₀	S ₁₁	S ₁₂
M ₁₃	T ₁₄	W ₁₅	T ₁₆	F ₁₇	S ₁₈	S ₁₉
M ₂₀	T ₂₁	W ₂₂	T ₂₃	F ₂₄	S ₂₅	S ₂₆
M ₂₇	T ₂₈	W ₂₉	T ₃₀	F ₃₁		

How are you not alone?

How can you remember and be close with the friend?

I am not
alone

I said to my soul, be still, and wait without hope,

For hope would be hope for the wrong thing; wait without love

For love would be love of the wrong thing; there is yet faith

But the faith and the love and the hope are all in the waiting.

—*T.S.Eliot, from East Coker*

The fruit of silence is prayer

The fruit of prayer is faith

The fruit of faith is love

The fruit of love is service

The fruit of service is peace.

—*Mother Teresa*

Today...I cast my faith forward

as a light on my path.

I choose to believe in good

which comes towards me.

I release my fear.

—*Julia Cameron*

HOPE

MY JOURNAL

How does hope transmute your agony into new life?

How is hope your most helpful guide?

F E B R U A R Y 2 0 0 3

					S ₁	S ₂
M ₃	T ₄	W ₅	T ₆	F ₇	S ₈	S ₉
M ₁₀	T ₁₁	W ₁₂	T ₁₃	F ₁₄	S ₁₅	S ₁₆
M ₁₇	T ₁₈	W ₁₉	T ₂₀	F ₂₁	S ₂₂	S ₂₃
M ₂₄	T ₂₅	W ₂₆	T ₂₇	F ₂₈		

Hope is the source and spring
of all the alchemies of transformation,
the greatest measure of the heart and mind,
the philosopher's stone that transmutes
agony and tragedy into new life.

Never abandon hope or you abandon
your closest and most helpful guide,
the Friend who will be at the door of
Paradise smiling as he lets you in.

R U M I

Hope is my
closest and
most helpful
guide



MY JOURNAL

After despair, many hopes flourish.

Just as after darkness,

Thousands of suns open and

Start to shine.

ó Rumi

Today...I open my heart's hand to allow...the touch of hope.

ñ Julia Cameron

MY JOURNAL

LO

How have you vanished into Love?

M A R C H 2 0 0 3

					S ₁	S ₂
M ₃	T ₄	W ₅	T ₆	F ₇	S ₈	S ₉
M ₁₀	T ₁₁	W ₁₂	T ₁₃	F ₁₄	S ₁₅	S ₁₆
M ₁₇	T ₁₈	W ₁₉	T ₂₀	F ₂₁	S ₂₂	S ₂₃
M ₂₄	T ₂₅	W ₂₆	T ₂₇	F ₂₈	S ₂₉	S ₃₀
M ₃₁						

The man to whom is unveiled the mystery of Love

Exists no longer, but vanishes into Love.

Place before the Sun a burning candle

And watch its brilliance disappear before that blaze.

The candle exists no longer, it is transformed into Light;

There are no more signs of it, it itself becomes sign.

R U M I

I am
transformed
into light

MY JOURNAL

When love beckons to you, follow him,

Though his ways are hard and steep.

And when his wings enfold you yield to him,

Though the sword hidden among his pinions may wound you.

And when he speaks to you believe in him,

Though his voice may shatter your dreams as the north wind lays waste the garden.

For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning.

Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,

So shall he descend to your roots and shake them in their clinging to the earth.

Like sheaves of corn he gathers you unto himself.

He threshes you to make you naked.

He sifts you to free you from your husks.

He grinds you to whiteness.

He kneads you until you are pliant;

And then he assigns you to his sacred fire, that you may become sacred bread for

All these things shall love do unto you that you may know the secrets of your heart,

ó Kahlil Gibran, from *The Prophet*

How have you been transformed into Light?

God's sacred feast.

and in that knowledge become a fragment of Life's heart.

GRATITUDE

MY JOURNAL

How are you grateful for every detail of your life?

A P R I L 2 0 0 3

	T ₁	W ₂	T ₃	F ₄	S ₅	S ₆
M ₇	T ₈	W ₉	T ₁₀	F ₁₁	S ₁₂	S ₁₃
M ₁₄	T ₁₅	W ₁₆	T ₁₇	F ₁₈	S ₁₉	S ₂₀
M ₂₁	T ₂₂	W ₂₃	T ₂₄	F ₂₅	S ₂₆	S ₂₇
M ₂₈	T ₂₉	W ₃₀				

Be grateful for your life, every detail of it,

and your face will come to shine like a sun,

and everyone who sees it will be made glad and peaceful.

Persist in gratitude, and you will slowly become one with the Sun of Love,

and Love will shine through you its all-healing joy.

This path of gratitude is not for children;

it is the path of tender heroes, of the heroes of tenderness who,

whatever happens, keep burning on the altar of their hearts

the flame of adoration.

R U M I

I am grateful
for every detail
of my life

How can you become a hero of tenderness?

For reasons

we cannot know

happiness

and inner peace

depend on

our relationship

to beauty

to gratitude

to love

and to the service

of something

greater than

the self.

— Rod MacIver

A stance of gratitude in the

face of life's seeming unfairness

can free us from

incapacitating pain.

— K.S.

GRATITUDE

M E R C I E S

M Y J O U R N A L

How does your suffering conceal mercies?

M A Y 2 0 0 3

			T ₁	F ₂	S ₃	S ₄
M ₅	T ₆	W ₇	T ₈	F ₉	S ₁₀	S ₁₁
M ₁₂	T ₁₃	W ₁₄	T ₁₅	F ₁₆	S ₁₇	S ₁₈
M ₁₉	T ₂₀	W ₂₁	T ₂₂	F ₂₃	S ₂₄	S ₂₅
M ₂₆	T ₂₇	W ₂₈	T ₂₉	F ₃₀	S ₃₁	

Suffering is a treasure, for it conceals mercies;

The almond becomes fresh when you peel off the rind.

O my brother, staying in a cold dark place

And bearing patiently grief, weakness, and pain,

Is the Source of Life and the cup of Abandon!

The heights are found only in the depths of abasement;

Spring is hidden in autumn, and autumn pregnant with spring.

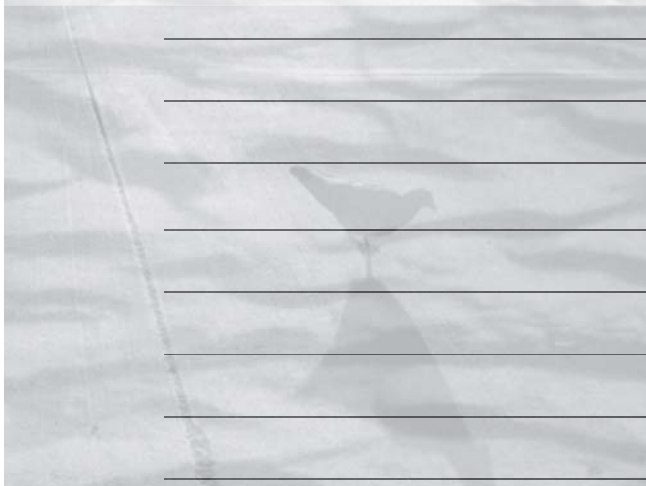
Flee neither; be the friend of Grief, accept desolation,

Hunt for the life that springs from the death of yourself.

R U M I

Suffering is a
treasure for it
conceals mercies

How can you be the friend of Grief?



How is your autumn pregnant with spring?

May you be free from pain.

May you be free from suffering.

May your heart be filled with peace.

ñ Madeline Ko-i Bastis, from *Peaceful Dwelling*

TRUST

What I long for, you know would kill me;

What I think will kill me, you know will heal me.

Loving you, I enter a darkness where I can't see anything.

î You do not need to; I am guiding you by the hand.î

R U M I

J U N E 2 0 0 3

						S ₁
M ₂	T ₃	W ₄	T ₅	F ₆	S ₇	S ₈
M ₉	T ₁₀	W ₁₁	T ₁₂	F ₁₃	S ₁₄	S ₁₅
M ₁₆	T ₁₇	W ₁₈	T ₁₉	F ₂₀	S ₂₁	S ₂₂
M ₂₃	T ₂₄	W ₂₅	T ₂₆	F ₂₇	S ₂₈	S ₂₉
M ₃₀						

M Y J O U R N A L

How do you trust you are in loving hands?

I am
guided

May you know that you are in

A Place of Compassionate Healing.

May you feel cared for by loving hands and open hearts.

May you always feel seen and heard in this place.

May you find even greater strength because our prayers

are linked with yours.

May we always see in every face a mother,

spouse or loved one...

Someone no different than us and those we love.

May we always see each patient as an individual person with

wants and needs far beyond cancer.

May we always be worthy of the gifts of trust from those

who seek our care.

May we seek excellence in all aspects of care trusting

in a higher wisdom.

© WINGS Cancer Foundation, Memphis, Tennessee

How do you feel divine guidance?

In order to heal themselves,

people must recognize, first,

that they have an inner guidance

deep within and, second,

that they can trust it.

ñ Shakti Gawain

TENDERNESS

Those tender words we said to one another

Are stored in the secret heart of heaven.

One day, like the rain, they will fall and spread

And their mystery will grow green over the world.

R U M I

J U L Y 2 0 0 3

	T ₁	W ₂	T ₃	F ₄	S ₅	S ₆
M ₇	T ₈	W ₉	T ₁₀	F ₁₁	S ₁₂	S ₁₃
M ₁₄	T ₁₅	W ₁₆	T ₁₇	F ₁₈	S ₁₉	S ₂₀
M ₂₁	T ₂₂	W ₂₃	T ₂₄	F ₂₅	S ₂₆	S ₂₇
M ₂₈	T ₂₉	W ₃₀	T ₃₁			

MY JOURNAL

What tender words have been spoken to you?

I speak with
tenderness

WORK IS LOVE MADE VISIBLE

And what is it to work with love?

It is to weave the cloth with threads drawn from your heart, even as if your beloved

It is to build a house with affection, even as if your beloved were to dwell in that

It is to sow seeds with tenderness and reap the harvest with joy, even as if your

It is to charge all things you fashion with a breath of your own spirit,

And to know that all the blessed dead are standing about you and watching.

Work is love made visible.

ó Kahlil Gibran, from *The Prophet*

were to wear that cloth.

house.

beloved were to eat the fruit.

What tender words have you spoken to others?

JOY

MY JOURNAL

If you are seeking, seek us with joy

For we live in the kingdom of joy.

Do not give your heart to anything else

But to the love of those who are clear joy,

Do not stray into the neighborhood of despair.

For there are hopes: they are real, they exist

Do not go in the direction of darkness

I tell you: suns exist.

R U M I

AUGUST 2003

				F ₁	S ₂	S ₃
M ₄	T ₅	W ₆	T ₇	F ₈	S ₉	S ₁₀
M ₁₁	T ₁₂	W ₁₃	T ₁₄	F ₁₅	S ₁₆	S ₁₇
M ₁₈	T ₁₉	W ₂₀	T ₂₁	F ₂₂	S ₂₃	S ₂₄
M ₂₅	T ₂₆	W ₂₇	T ₂₈	F ₂₉	S ₃₀	S ₃₁

How do you spend time in despair?

How do you spend time in joy?

I live in
joy

MY JOURNAL

Lord, make me an instrument of your peace;

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy;

Grant that I may not so much seek to be consoled as to console;

to be understood as to understand,

to be loved as to love:

for it is in giving that we receive,

it is in pardoning that we are pardoned;

and it is in dying to self that we are born to eternal life.

ó St. Francis of Assisi

How are you an instrument of peace?



O Spirit of Light

Who art both infinite and eternal

as we enter the new millennium

illumine our lives and the lives of those we love and have loved

with the healing power of they divine radiance.

Grant us the grace to forgive and be forgiven.

To be grateful for all we have been given.

Make us ever mindful of they presence.

Inspire us with out lifeís purpose.

That we may use our time on earth, however brief,

to transform not only ourselves

but our planet into a place

of vision and compassion,

creativity and peace.

Amen.

MY JOURNAL

How can you help others experience grace?

GRACE

MY JOURNAL

There doesn't exist a being Your grace cannot transfigure,

And the Lover You choose lives in joy forever.

What atom could Your Grace even for a moment come near

Without making it more magnificent than a thousand suns?

R U M I

S E P T E M B E R 2 0 0 3

M ₁	T ₂	W ₃	T ₄	F ₅	S ₆	S ₇
M ₈	T ₉	W ₁₀	T ₁₁	F ₁₂	S ₁₃	S ₁₄
M ₁₅	T ₁₆	W ₁₇	T ₁₈	F ₁₉	S ₂₀	S ₂₁
M ₂₂	T ₂₃	W ₂₄	T ₂₅	F ₂₆	S ₂₇	S ₂₈
M ₂₉	T ₃₀					

How have you experienced Grace?

I experience
grace

ESSENCE

MY JOURNAL

You think you are earthly beings, but you have been kneaded from
the Light of Certainty. You are the guardians of God's Light, so
come, return to the root of the root of your own self.

R U M I

What is the root of the root of your own self?

I return
to the root
of my own
self

O C T O B E R 2 0 0 3

		W ₁	T ₂	F ₃	S ₄	S ₅
M ₆	T ₇	W ₈	T ₉	F ₁₀	S ₁₁	S ₁₂
M ₁₃	T ₁₄	W ₁₅	T ₁₆	F ₁₇	S ₁₈	S ₁₉
M ₂₀	T ₂₁	W ₂₂	T ₂₃	F ₂₄	S ₂₅	S ₂₆
M ₂₇	T ₂₈	W ₂₉	T ₃₀	F ₃₁		

How are you the guardian of God's light?

We may worry about death

but what hurts the soul most

is to live without tasting

the water of its own essence.

ó Rumi

ESSENCE

O N E N E S S

One matter, one energy, one Light, one Light-mind,

Endlessly emanating all things.

One turning and burning diamond,

One, one, one.

Ground yourself, strip yourself down,

To blind loving silence.

Stay there, until you see

You are gazing at the Light

With its own ageless eyes.

R U M I

N O V E M B E R 2 0 0 3

					S ₁	S ₂
M ₃	T ₄	W ₅	T ₆	F ₇	S ₈	S ₉
M ₁₀	T ₁₁	W ₁₂	T ₁₃	F ₁₄	S ₁₅	S ₁₆
M ₁₇	T ₁₈	W ₁₉	T ₂₀	F ₂₁	S ₂₂	S ₂₃
M ₂₄	T ₂₅	W ₂₆	T ₂₇	F ₂₈	S ₂₉	S ₃₀

M Y J O U R N A L



How can you become one with the Light?

We are one

ONENESS

The moment I die,

I will try to come back to you

As quickly as possible.

I promise it will not take long.

Isn't it true

I am already with you,

As I die each moment?

I come back to you In every moment.

Just look,

Feel my presence.

If you want to cry,

Please cry.

And know

That I will cry with you.

The tears you shed

Will head us both.

Your tears are mine.

The earth I tread this morning

Transcends history.

Spring and Winter are both present in the moment.

The young leaf and the dead leaf are really one.

My feet touch deathlessness,

And my feet are yours.

Walk with me now.

Let us enter the dimension of oneness

And see the cherry tree blossom in Winter.

Why should we talk about death?

I don't need to die

To be back with you.

ó Thich Nhat Hanh

How can you enter the ì dimension of onenessî ?

SILENT ILLUMINATION

Full of wonder is the pure illumination.

the moon's appearance, a river of stars

Snow-clad pines, clouds hovering on mountain peaks,

In darkness, they glow with brightness.

In shadows, they shine with a splendid light,

Like the dreaming of a crane flying in empty space,

Like the clear, still water of an autumn pool.

Endless eons dissolve into nothingness

Each indistinguishable from the other.

In this illumination all striving is forgotten

—Hung Cheng Chueh (12th Century)

How can I "be made a torch to light up the world"?

SILENT ILLUMINATION

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