

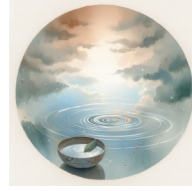
A Gift of Love for You

Stations



1. Threshold
– *Entry into Stillness;*

2. Listening
– *Attending to Silence,*



3. Remnants
– *Fragments of the Past
Seen with Compassion*



4. Turning
– *First Awareness of Light
or Renewal*



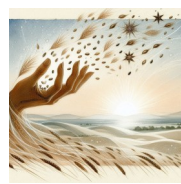
5. Tender Ground
– *Gratitude, Humility,
Small Awakenings*



6. Radiance
– *Awe, Reverence, and
Service through Being*



7. Return
– *The Healed Presence
Re-enters the World*



Poems: Tony Macelli.

Consult with your print shop for printing this in A4-landscape or smaller.

1. *Threshold – Entry into Stillness; Recovery of Breath*

Stone and Air

heavy the load, these days, and arduous
even love is hard, the stress hormones
at danger high – my eyes let darkness in,
keep light away, and aftermaths of storms
bring scant relief to weary souls and me.

heal now our world,
my Lord, my all, for our
bottomless well of love
is both yours and mine

-o-

“In stillness the world is restored.” – *Lao Tzu, Tao Te Ching, ch. 45*
(Mitchell, Trans., 1988)

“Silence is God’s first language; everything else is a poor translation.”
– *Thomas Keating, Inviting Silence (1999)*

“Be still before the Lord, and wait patiently for him.”
– *Psalm 37:7 (NRSV)*

“When we rest in awareness, our breathing and our being are one.” –
Thich Nhat Hanh, The Miracle of Mindfulness (1975)

*Come to me, all you that are weary and are carrying
heavy burdens, and I will give you rest. – Matt 11:28*



2. Listening – Attending to Silence, Inner Currents

Still Water

“Speak, Lord, for your servant is listening.” – 1 Samuel 3:10



Room Enough

we now surrender purpose, goals and ends
here's room enough inside to hear and heed
living flows of body, self and more-than-self

here's room enough to honour presence
enjoy again lost arts of being still.
the path appears as the foot descends

here's room enough for an unseen sky
though not of knowing, now, but being known
when wisdom comes, we learn to fly.

“Speak, Lord, for your servant is listening.” – 1 Samuel 3:10

“The quieter you become, the more you hear what life is whispering.” – Parker J. Palmer, A Hidden Wholeness (2004)

“Everything that needs to be said has already been said. But since no one was listening, everything must be said again.” – André Gide, Journal (1947)

“There is nothing so much like God in all the universe as silence.” – Meister Eckhart, German Sermons (c. 1310, Blakney, Trans.)

“Deep listening is the gateway to compassion.” – Thich Nhat Hanh, The Heart of the Buddha's Teaching (1998)

3. Remnants – Fragments of the Past Seen with Compassion

Archive of Feathers

I went to the meadow of my past
And found the child I left there
I poured out love and reassurance
And brought him back as my old teacher

Christian: Scripture to monastic stillness to compassionate psychology.

“Speak, Lord, for your servant is listening.” – *1 Samuel 3 : 10 (NRSV)*

“Be still, and know that I am God.” – *Psalms 46 : 10 (NRSV)*

“It is in deep solitude that I find the gentleness with which I can truly love my brothers.” – Merton, T. (1953). *The Sign of Jonas*. Harcourt, Brace.

“Growth toward wholeness begins when I accept the unfinished parts of myself.” – Powell, J. G. R. (1969). *Why Am I Afraid to Tell You Who I Am?* Argus Communications.

“When we consent to the truth of our pain, we discover beneath it the greater truth of God’s love sustaining us through it.” – Finley, James. (2000). *The Contemplative Heart*. Ave Maria Press.

Buddhist: equanimity, insight into suffering, non-reactivity.

“When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help.” – Nhat Hanh, T. (1998). *The Heart of the Buddha’s Teaching*. Broadway Books.

“Hatred is never appeased by hatred in this world; by love alone is hatred appeased. This is an eternal law.” – *Dhammapada v. 5* (Trans. Byrom, 1976).

“Healing does not mean the damage never existed. It means it no longer controls our lives.” – Buddhist clinical psychologist Kornfield, J. (2000). *After the Ecstasy, the Laundry*. Bantam Books.

Integrative: grace and inter-being; from hearing to transformation.

“Addiction, compulsion, and fear are but the places where grace is already at work, waiting to be welcomed.” – May, G. (1988). *Addiction and Grace*. Harper & Row.

“Deep listening is the kind of hearing that transforms both the listener and what is heard.” – Finley, J. (2023). *The Healing Path: A Memoir and an Invitation*. Orbis Books.

4. Turning – First Awareness of Light or Renewal

Leaf Unfurling

*“The light shines in the darkness,
and the darkness did not overcome it.” – John 1 : 5*



The Stirring

softly from within, an eternal stirring rises now
a sap through unseen roots from below the mind,
below the seen, behind no sign or expectation –
awakens now in an open heart
a benign and shy illumination,
while a gratitude that survived the night
becomes right now a dance of welcome celebration .



“Faith is to believe what you do not see; the reward of faith is to see what you believe.” – *Augustine, Sermons 43 : 1 (c. 400 CE)*

“Morning is when I am awake and there is a dawn in me.” – *Henry David Thoreau, Walden (1854)*

“In the depth of winter, I finally learned that within me there lay an invincible summer.” – *Albert Camus, Return to Tipasa (1953)*

“Arise, shine; for your light has come, and the glory of the Lord has risen upon you.” – *Isaiah 60 : 1*

5. Tender Ground – Gratitude, Humility, Small Awakenings

Cup of Light

“Blessed are the meek, for they will inherit the earth.” Matt 5:5



Unannounced

your humbleness, your hurt, have cleared a space
 in which grace appeared, unannounced.
 a deeper light disclosed what knowledge hid,
 each truth you stopped resisting now reveals
 all knowledge as small and
 mystery as generous and vast.

your editor self, defensive, divisive,
 aversive, grasping, has at last retired
 see! in gentleness the strength revealed
 in reality, the original blessing –
 for the joy that asks for nothing
 comes because it was already here.

the universe pours itself into empty cups
 while dewdrops hold entire skies,
 a child's laugh, a smile...
 His presence fills ...
 the mountain and the mustard seed
 the galaxies and the grain of sand.

“Humility is endless.”

– T. S. Eliot, *Four Quartets – East Coker* (1940)

“The root of joy is gratefulness.”

– David Steindl-Rast, *Gratefulness, the Heart of Prayer* (1984)

“When we look with love at what we most fear to see, the light of God already shines there.” – John G. R. Powell, *Unconditional Love* (1982)

“The heart broken open by suffering is already breaking open into God.”
 – James Finley, *The Contemplative Heart* (2000)

“If your compassion does not include yourself, it is incomplete.”
 – Jack Kornfield, *A Path with Heart* (1993)

“The flower falls though we love it; the weed grows though we do not love it.” – Dōgen, *Shōbōgenzō – Genjōkōan* (c. 1230)

“Wear gratitude like a cloak and it will feed every corner of your life.”
 – Jalāl al-Dīn Rūmī, *Masnavi VI* (Trans. Nicholson, 1925–1940)

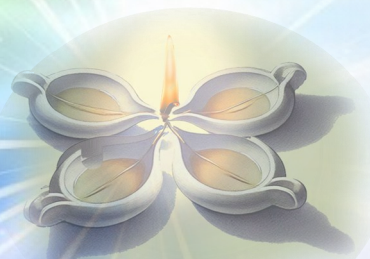
“In ordinary moments, the sacred hides itself tenderly.”
 – John O’Donohue, *Benedictus* (2007)



6. Radiance – Awe, Reverence, and Service through Being

Tree of Light

“Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” – Matthew 5 : 16 RSV



When..

when grace is flowing through transparent selves, what wonder blooms when seeing is by being and serving, by shining.

be reverently alive, astonished in awe ablaze with praise, awash in grace when loving is by lamps of the same flame and oil enough for all.

“For with you is the fountain of life; in your light we see light.”
— Psalm 36 : 9 (NRSV)

“There is in all visible things an invisible fecundity, a dimmed light, a meek namelessness, a hidden wholeness.”
– Thomas Merton, *Conjectures of a Guilty Bystander* (1966)

“We can only learn to know ourselves and do what we can — namely, surrender our will and fulfil God’s will in us.”
– Teresa of Ávila, *The Interior Castle* (1577)

“The lamps are different, but the Light is the same.”
– Jalāl al-Dīn Rūmī, *Masnavi I:1215* (Nicholson trans., 1925–1940)

“When you see the beloved in all things, you see the Light of the world.”
– Ram Dass, *Be Here Now* (1971)

“Grace is not a thing to be hoarded; it flows best when it flows through.”
– Anne Lamott, *Traveling Mercies* (1999)

“When the soul lies down in that grass, the world is too full to talk about.”– Jalāl al-Dīn Rūmī, *The Essential Rumi* (1995)

“The light of all lights, beyond all darkness, this is the knowledge, the object of knowledge, and the goal of knowledge.”
– *Bhagavad Gītā 13:17* (Easwaran trans., 2007)

7. Return – The Healed Presence Re-enters the World

Seeds in the Wind

“The kingdom of God is within you.”

– *Luke 17:21*

Dust and Light

you join hands in Light that sees itself -
you're quietly home again, though not too sure
how service may differ from prayer,
or action from contemplation.

some Zulu elders claim, it is said,
two hundred flowing sacraments -
all reality now luminous, numinous
transitions sacramental, life is holy.

working reverently in the dust, your
compassion, forgiveness, your healing touch
are not yours, as now you see, when
you join hands in Light that sees itself.

you are, they are, vessels of blessing,
who pour into each other sacred love.



“We are not converted only once in our lives but many times, and this endless conversion is the grace of growth.”
– *Thomas Merton, Contemplative Prayer (1969)*

“Perform action without attachment; work as one who is united with the Divine.”
– *Bhagavad Gītā 5 : 10 (Easwaran trans., 2007)*

“Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.”
– *Zen proverb (traditional)*

“We return to life not to escape it, but to inhabit it more deeply.” – *Henri J. M. Nouwen, The Return of the Prodigal Son (1992)*

“He who knows himself knows his Lord.”
– *ʿAdīth frequently cited by Ibn ʿArabī, Fuṣūṣ al-ʿīkam (13th century)*

“Walk in beauty — in harmony with all that is.”
– *Traditional Navajo blessing (Dinéh)*

“The whole earth is the altar of the Lord.”
– *Teilhard de Chardin, The Divine Milieu (1957)*

“And the end of all our exploring will be to arrive where we started and know the place for the first time.”
– *T. S. Eliot, Little Gidding, in Four Quartets (1942)*



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“Silence is God’s first language; everything else is a poor translation.” (*Commonly attributed; essence authentic though wording varies in Keating’s talks.*)

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“Grace is not a thing to be hoarded; it flows best when it flows through.” (*Paraphrase, faithful to Lamott’s reflections on grace.*)

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“The kingdom of God is within you.”

Matthew 5 : 5. (NRSV).

“Blessed are the meek, for they will inherit the earth.”

Matthew 11 : 28. (NRSV).

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

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“Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.” (*Traditional aphorism; origin uncertain but widely cited in Zen teaching anthologies.*)

