

A Thousand Times Over

*I need to tell the world
a thousand times over
about the gift of silence
the intimacy of the inner quiet
how it has been my healer
bringing me home to myself
from some place else
awakening my seeing
helping me relate my doing with being
opening me up to be gifted by others
moving me each day to express my gratitude
drawing me ever closer to the Heart of All
into the Sanctuary of Now.*

Accept Your Identity as a Child of God

Your true identity is as a child of God. This is the identity you have to accept. Once you have claimed it and settled in it, you can live in a world that gives you much joy as well as pain. You can receive the praise as well as the blame that comes to you as an opportunity for strengthening your basic identity, because the identity that makes you free is anchored beyond all human praise and blame. You belong to God, and it is as a child of God that you are sent into the world.

You need spiritual guidance; you need people who can keep you anchored in your true identity. The temptation to disconnect from that deep place in you where God dwells and to let yourself be drowned in the praise or blame of the world always remains.

Since that deep place in you where your identity as a child of God is rooted has been unknown to you for a long time, those who are able to touch you there had a sudden and overwhelming power over you. They became part of your identity. You could no longer live without them. But they could not fulfil that divine role, so they left you, and you felt abandoned. But it is precisely that experience of abandonment that called you back to your true identity as a child of God.

Only God can fully dwell in that deepest place in you and give you a sense of safety. But the danger remains that you will let other people run away with your sacred centre, thus throwing you into anguish.

It might take a great deal of time and discipline to fully reconnect your deep, hidden self and your public self, which is known, loved, and accepted but also criticised by the world. Gradually, though, you will begin feeling more connected and become more fully who you truly are - a child of God. There lies your real freedom.