

# State of Grace Contemplation



“Blessed are they that mourn for they shall be healed.”

There is a longing inside to be whole.  
It is experienced as a discontent, a hidden anxiety – something is missing!  
The spiritual intelligence begins to realize  
“I can’t find it out there.  
It has to be within.”

We mourn for something we don’t have  
A sense of wholeness, well-being, and happiness.

What’s happening is that Inner Light, that Inner Christ, is calling us!  
It’s beginning to arrange our mind, our heart, our activities,  
In such a way that It’s really drawing us to Him.

And It’s steering us back to fulfilling  
Our pure potential.

Realizing the Inner Christ  
Becoming the Inner Light.

Divine discontent.  
That quiet inner  
anxiety

We are being  
called!

As always, when I first heard this Beatitude, I took it literally. I felt there was something to it, but I also felt there was a lot more. It took a very long time and a several conversations with Father Fergus before it became clear. Let me go back. At the time I was “un-learning” what has been the traditional teaching of “ego” – this horrible thing that had to be destroyed. You see, the ego is not a thing. It is the inner state of being/feeling to some degree or another a separation from Source, the wave not being connected to the Ocean. All of us do have a connection to some degree. An extreme example of disconnection is possession and psychosis.

The nature of our Source, the Ocean is love, peace, wisdom, and joy as well as power, creativity, and intelligence. The wave has a need for these. The wave craves its birthright – completion – an individual infused with these essences-whole, holy! When the wave is in a disconnected state, it experiences and uses “ego strategies” -fear, greed, control, and a sense of inadequacy to try to drown out this inner anxiety that this separation causes. For many, many sincere seekers, I have found the focus on a sense of inadequacy – **“I am not good enough”** to be the strategy of choice to cover the anxiety. You would think that the “controllers” would have the most detrimental strategy because there is never enough control that they can have in order to feel satisfied. God just doesn’t listen to their commentary of how the world and other people should be. Apply this to greed -never enough! And, so too fear – the greatest and most pernicious is the fear of death, craving life over principle.<sup>1</sup> However, none of the above are as detrimental as the “not good enough.” For it is said (figuratively) this “not good enough” **kills the soul** because it blocks the amazing Love that the Source has for us. It diminishes and spoils the truth that we are children of a God who loves us unconditionally – we go through life very alone inside. No one looks at them and sees control, fear, and greed. They usually see one somewhat gentle and humble, never guessing what they feel inside.

This is the background. Now the understanding of “mourning.” This is a deeper teaching than what is available to us today. The ancient church prophets<sup>2</sup> were excellent psychologists. They understood mourning as a state of anxiety. They called it spiritual discontent. The Sufi mystics explained this anxiety, this mourning as a hole in the heart that only God can fill.

How do those in mourning heal? Well, eventually the strategies of the state of separation – the states of the ego don’t work. And eventually, if it is in their design, that individual will start to have an experience of Silence, the Inner Source. This experience can come from anything, anywhere – Thomas Keating

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<sup>1</sup> I have too much information to impart for the Easter Retreat but these subjects are a part of the ultimate Easter Teaching that I hope to address later.

<sup>2</sup> Those who speak for God. Each one articulates a particular element of Christ’s Truth thus one tree with one trunk (metanoia - wisdom of Christ), one set of roots (kenosis – Love) with many branches of clarifying teaching- the works of the saint-prophets.

talks about his unity experience seeing the wind blow leaves on trees. Or Brother Lawrence who experienced the glory of Ocean observing the cycle of life in nature. Or someone at a church service feeling deep devotion or inner peace. Or at a retreat experiencing the Transcendent Silence. Once an individual has this experience, the soul (Inner Christ) will organize their lives in such a way that they begin the journey home – the journey inside. Often it starts with what we call “unstressing.” Experiencing the inner anxiety of separation in meditation. The Silence is underneath and bang – right in front of them is some physical, mental, or emotional uncomfotability serving as a vehicle to dispel this “mourning” this “anxiety.” The content of unstressing is merely a means to dispel the anxiety – the mourning. These unstressing modalities are merely disguised vehicles to carry off the effects if this inner mourning/anxiety.

Something new: I am somewhat changing the way I write. It will always be expounding on the foundation teachings of the mystics (unity), but I am adding a more personal message of counseling i.e. how does this work in your life? I am going to commit everything I do in the future to an electronic library that I will encrypt and keep copy of at 117 and a few other locations. What happened is that we discovered that we had black mold which had been causing Sandy many problems over the years. We had to throw away Sandy’s cherished piano and music scores as well as ALL of my writings back to 2001, and ALL of my retreat notes up to Christmas 2023, but what is truly God’s joke, except for a few reference books in my office, the entire library, ALL my books accumulated over 55 years had to go. I am empty of the StillPoint past. Currently the house is torn apart. Carpets and furniture taken away and even the washer and dryer had to go. (some symbolic messaging going on here!)

So, this is the way “God comes to us as our life.” And “how we handle life reflects our relation to Him.” After the shock I realize that here I have an opportunity to allow an evolution of the way to do what I have been given to do. I am not exactly sure what it is, but I am starting over, and I am sure it will be a little bit different. As from the Tao: “you can’t put your foot in the same river twice.”

Maybe a little more “mellowed out” Father Fergus and getting deeper into the “deeper, original” meaning of things – not negating the traditional and literal but going back to the **roots which support** the more “literal and traditional!” Mysticism ultimately is the basis and supports all paths and means to connecting fully to God and all of creation – Unity!

Only Love, Jerry