

Being a Mystic in the Midst of the World

Rosh Hashanah 5781

From *Monk in the World* by Wayne Teasdale:

“There is only One Reality, in which we all arise. Nothing stands outside of this one cosmic system of Life in which we all participate. I believe the Spirit is calling us to realize this Truth, to allow ourselves to be transformed by it, and so, to transform the world.”

So here’s the question for this moment: How do we hear the call of this Truth? How do we allow ourselves to be transformed by it? And how do we transform the world through this realization?

Teasdale goes on to explain that there are four essential requirements for successfully embracing a mystical path in the midst of the world:

1. **Surrender** (to God, to the Mystery, to our larger identity as souls, and to the greater purpose that is calling us)
2. **Humility** (Insight into ourselves, our triggers, our foibles)
3. **Spiritual Practice** (Always looking to see what works: What makes me more loving and less judgmental? What connects us? What leads me to integration?)
4. **Compassionate Action** (Channeling the energy in Service... Must be sourced in Joy)

Joel Goldsmith says that “Prayer is the preparation of consciousness for the God-experience.”

We invoke that experience through the sacred magical incantations of our liturgy, through soaring melody, evocative harmony, and inviting rhythm. And then when we share that glimmer of experience, it is magnified, affirmed and planted within us.