

**July 1, 2018**

## **Unsettled Soul: Do You Want To Be Healed?**

*Our healing is often found in the place where we don't want to go.*

### **First Reading ~ John 5:1-7**

Sometimes after this [the healing of a child near death], there was a Jewish festival and Jesus went up to Jerusalem. Now in Jerusalem, near the Sheep Gate, there is a pool with five porticoes; its Hebrew name is Bethesda (House of Mercy). The place was crowded with sick people- those who were blind, lame, paralyzed – lying there waiting for the water to move. An angel of God would come down to the pool from time to time to stir up (to trouble) the water; the first person to step into the water after it had been stirred up (troubled) would be made whole. One person there had been sick for thirty-eight years. Jesus, who knew this person had been sick a long time, said, “Do you want to be healed?”

“Rabbi” the sick one answered, “I don’t have anyone to put me into the pool once the water has been stirred up (troubled). By the time I get there, someone has gone ahead of me!”

### **Second Reading ~ adapted from Father Richard Rohr in “Falling Upward: A Spirituality for the Two Halves of Life”**

Invariably when something upsets you, and you have a strong emotional reaction out of proportion to the moment, your shadow self has just been exposed. So watch for any overreactions or overdenials. When you notice them, notice also that the cock of St. Peter has just crowed.

The reason that a mature person can be so peaceful, so accepting of self and others, is that there is not much hidden shadow self left. Of course, there is always and forever a little more. No exceptions. Shadow work never stops.

This denied and disguised self takes so much energy to face, awaken, and transform that one has little time to project fear, anger, or unlive life onto terrorists, socialists, liberals, conservatives, or even hate radio. As the shadows of things continue to show themselves (shadow, even in the physical universe, is created by a mixture of darkness and light), you lose interest in idealizing or idolizing persons or events, especially yourself. You no longer “give away your inner gold” to others. You keep yours, and you let them keep theirs. That does not mean you stop loving other people-- in fact, it means you actually start. It does not mean self-hatred or self-doubt, but exactly the contrary, because you finally accept both your gold and your weaknesses as your own. You can finally do the same for others too, and you do not let one or another fault in a person destroy your entire larger relationship. Here you understand the absolute importance of nondualistic thinking.