Welcome to Day Three of *Enliven Your Spirit*

Have you ever thought of yourself as a mystic? What would you say if someone told you that you could be — that *everyone* can be? Br. David Steindl-Rast offers this compelling and perhaps surprising invitation: "The mystic is not a special human being," he says. Rather, "every human being is a special kind of mystic." If that seems impossible, let's home in on some definitions of mystic that might make Br. David's bold claim more accessible. One dictionary defines a mystic as *someone who relates to the belief that there is hidden meaning in life* (Cambridge); another defines a mystic as *someone seeking to understand important things that are beyond the intellect* (Oxford). Leaning in to these definitions, it doesn't seem quite such a stretch to think that each of us can be "a special kind of mystic."

Curiosity, wonder, and inquiry are innate human capacities — superpowers, even — that have resulted in breathtaking creations, deep wisdom, and transcendent experiences. They constitute an ever-present yearning to understand life's mystery. While it's tempting to cling to the comfort and habit of certainties, in doing so we actually close ourselves off from life's peak experiences, those moments when, as Br. David describes it, we are *grabbed by life*. Put another way, when you live as if you already know exactly what you'll find around the next bend in the trail, it's very likely you'll miss the beautiful, fleeting rainbow just off to your left.

If you've ever looked up at the night sky and wondered at the scale of the cosmos, if you are curious why we love or feel passionate about intangible ideas and principles, if you've longed to discover meaning in something larger than yourself — that's the mystic in you coming through. And if you tend to steer clear of the big questions and peak experiences out of security, habit, or busyness, today is your opportunity to invite them in.

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