

# BOOKLIST OF SPIRITUAL TEXTS FOR NOURISHMENT

- *Meditations on the Tarot* by Anonymous
- *The New Testament*, a rendering by Jon Madsen, published by Floris Books.
- *Interior Castle*, St Teresa of Avila
- *The Gnostic Gospels*
- *The Bagavad Gita*
- *Upanishads*
- *Tao Te Ching*
- *Through the Eyes of Mary Magdalene*, books 1, 2, 3 by Estelle Isaacson
- *Seven Arrows*, by Hyemeyohsts Storm
- *Becoming Aware of the Logos*, by Georg Kuhlewind (*Advanced*)
- *Seeking Spirit Vision*, by Dennis Klocek (*Advanced*)

## GET INTO WILD NATURE



Nature has the effect of putting us into awe at her incredible beauty. We can bathe in it.

Learn about the Japanese art of ***Shinrin yoku: forest bathing***.

Spend time, turn off all distractions, ***get bored***, observe quietly, and then close your eyes and listen, smell.

Are you inwardly agitated and restless? Then this is something you will need to practice again and again before you'll be able to take nature in sufficiently to feel nourished. To let go and receive.

Build regular sessions into your life.



# LISTEN TO SACRED MUSIC

We have curated a special classical music playlist for you. Each piece of music is chosen for its extraordinary power and timeless genius.

The particular albums in this playlist are chosen for their magnificent production and particular ensemble of conductor, singers, and musicians. Simply copy and paste the links below to access it. (Please note: each playlist has slight variations)

## iTunes / Apple Music link:

<https://music.apple.com/us/playlist/reverence-playlist/pl.u-e98lkxphzPjk9P>

## Spotify link:

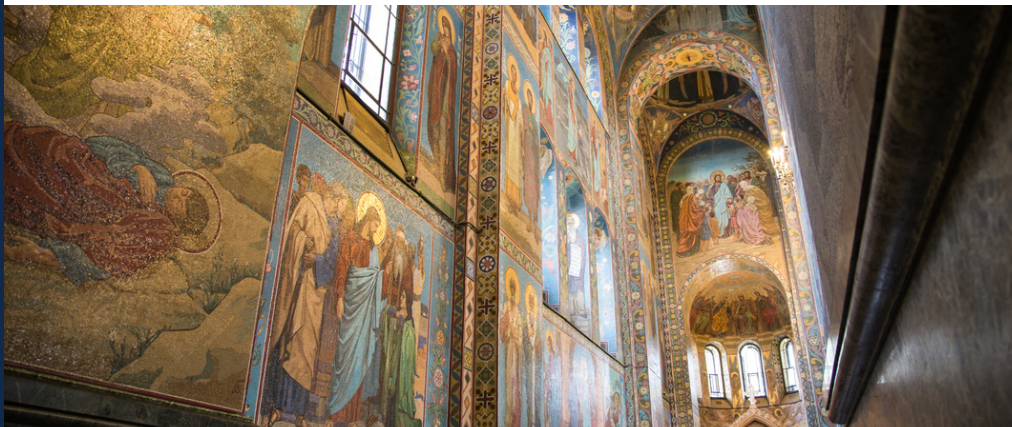
<https://open.spotify.com/playlist/4CTiGMwczMIH6s3SnPOHZO?si=c3de925e5fd14d46>

## Youtube link:

[https://youtu.be/87DJF1\\_vwOA?si=Kl-GeHEaGkJCeLWT](https://youtu.be/87DJF1_vwOA?si=Kl-GeHEaGkJCeLWT)

## The Featured Works:

- Gorecki, Symphony No. 3
- Mozart Requiem
- Allegri, Miserere
- Bach, St. Matthew Passion
- Rachmaninov, Bless the Lord O My Soul
- Handel, Messiah
- Pergolesi, Stabat Mater
- Faure, Requiem
- Monteverdi, Vespers of the Beata Vergine



# LOOK AT SACRED ART VIRTUALLY

Did you know you can visit some of the world's greatest museums virtually? Many have partnered with Google enabling you to walk through and see many famous works of art. Simply click on the links below to visit our curated list of museums with exhibits of sacred art.

## Pergamon Museum

<https://artsandculture.google.com/partner/pergamonmuseum-staatliche-museen-zu-berlin?hl=en>

## Rijks Museum

[https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv\\_lng=4.885283712508563&sv\\_lat=52.35984312584405&sv\\_h=291.16998751455569&sv\\_p=-5.924133903625474&sv\\_pid=fOVcUXQW2wpRf33iUmxEfg&sv\\_z=1](https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=291.16998751455569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1)

## The British Museum

<https://artsandculture.google.com/partner/the-british-museum>

## The Uffizi Gallery

<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>





# 1. CONTEMPLATIVE MEDITATION

Take a moment and sift through memories of a time when you felt reverence. Here are some prompts to help you remember:

- Did you meet a revered person? Did you hear a story? Did you find yourself in a magnificent place?
- Was it when you encountered an extraordinary natural wonder, like the grand canyon? Maybe the scene is simpler, a forest scene next to a stream with rays of sunlight falling through the branches and onto the moss. The majesty of nature may call forth in you such feelings of reverence and wonder at the beauty of nature.
- Or was it when you entered into the masterpiece of a great Gothic cathedral? If you have had this privilege, the great cathedrals are meant to give the soul a concrete experience of reverence to the highest degree. Through their architecture, designed and built only by those who had advanced far enough in the initiation schools of the time, you can expand into the sacred geometric forms which, cast in stone, inform your soul and spirit of things unearthly and divine.
- Do you remember hearing a piece of music such as Bach's St Matthew Passion, or Handel's Messiah for the first time?

Sit with that memory, whatever it was, and call up in your soul the feeling of awe, wonder, or reverence that struck you at the time.

See if you can concentrate on that feeling, and fill your soul with it. Spend as long as you can allowing the feeling to nourish you, purify you, wash away the darkness and agitation that can so often take over in daily life. Allow yourself to be cleansed and held for a moment.

And now, shift the feeling of reverence to one of gratitude. Think of a few things about which you feel very grateful and now fill your soul with that for a minute.

# 2. CONTEMPLATIVE MEDITATION

We can learn from Mary Magdalene because she, as one of the holy women and the greatest of the disciples, represents the divine feminine as she was seen by the son of god, the Christ. She represents the greatest human love the world has ever known. She devoted her very life and all her lives to come, with no reservation, to Christ and to humanity. She represents the ideal of reverence and devotion. And so we can turn to her as guide and teacher.

What was particularly special about Magdalene is that she fell the furthest a human could fall; all her being fell into an abyss of temptations and darkness. It took Christ twice healing her before she finally remained free of it. And because she had fallen the furthest, she also was able to know the highest — and thus through her struggle toward love and freedom earned her place as the greatest of the Apostles. It's only when we acknowledge and gaze upon our darkness with love and compassion are we able to heal from it and transmute what was weakness into strength in us.

You must beware of many attempts to portray Mary Magdalene as the wife or lover of Christ. For this is derived from a sorely limited understanding of love, and not true to her story. She loved Christ also as representative, as the ideal, of humanity, and devoted herself to that; this was far beyond his brief life as a man, for she believed in and saw him as a god. And so we include a meditation from the writing of a mystic who has stepped forward to speak words in her name and on her behalf. The story of Mary Magdalene can serve as a picture of the depth of reverence, so all-encompassing, that can help lead us toward such a love as she had.

## **Sitting at the Altar, By Estelle Isaacson:**

*Before us stands an altar. Take a moment to make an offering, and let go of anything that has been weighing upon your soul. Offer up your heaviness — anything that is dense in you. Make an offering now, at this very moment, that you may approach the altar. I invite you into the heart of the being of Magdalene, who well understands the soul of humanity, and what the soul must endure in order to enter into communion with the Divine.*