

## *Silent Turnings*



As we enter into the month of June and autumn quietly turns into winter, I am conscious of the silent 'turnings' that happen in nature and in all of life. I am led to ponder these silent 'turnings' within myself and within the world in which I live. I see dimly the on-going turnings of: life, growth, suffering, dying and new life. These turnings seem to have an eternal cyclical flow.

Pondering these things, I am conscious of the varying colours, tones and emotions such turnings evoke in me. At the same time, I watch the news and am confronted with what we as human beings are willing to do to attain power and control, at whatever cost to the planet on which we dwell. There seems to be a blindness towards the inevitable deep, eternal, silent turnings of life.

This need for control and dominance mirrors once again how dualistically minded we as a human species continue to be in this world in which we live. Yet we are so much more. We are more than our fears, our uninformed opinions and our negative judgements and perceptions. We are a people who continue to evolve through the silent turnings of life, towards a new consciousness. We are a warm-hearted people who care with deep compassion, kindness, courage and love. We are all one people even as we hold so many paradoxes within us.



So what happens to us when we try to journey in love whilst holding all these opposites? We may find ourselves silently turning and flowing through a grey, dense, swirling fog into the unknown. The silence of the mist may draw us into a stillness, at the core of our Being. The strong forces of all the opposites that have consumed our minds and thoughts become suddenly quietened, as if they have been cast into the silent, still eye of a hurricane. As we enter the Centre, all

that we held to be of great importance fades, opposites diminish, and for a few brief moments in time we are in our most authentic place of Being.

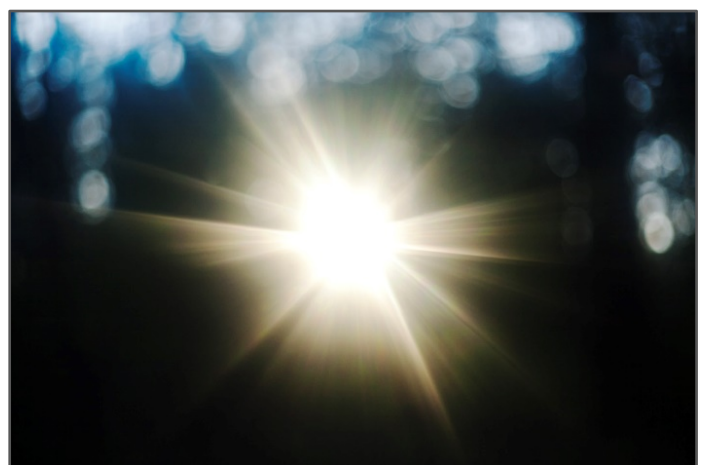
Yet fogs lift and all hurricanes pass, and we return once again to the life we are living, still holding our strong opinions and judgements. But hopefully we hold them now with a deeper awareness that opposites are more than simple black and white. When mingled they make a new colour - 'grey'. Our interior and exterior opposites in life need to meet and merge so that new colours may be created.

I read recently that maybe evil could be perceived as goodness tortured by its own longing for good, but which, for whatever reason, it was unable to attain. This led me to contemplate the many opposites in my own life. I tried to see these opposites as silent turnings within me which could slowly become something else.

Just as the 'turnings' of one season flow into the next in nature, so these opposites within me can flow towards a new 'season' – a new consciousness that everything is connected and part of a larger Whole. At this time of year autumn is all around me, silently turning towards winter, but I know that spring and summer are part of their misty life flow. All seasons are interconnected - one turning into the next. I trust that all the seasons will continue to flow towards a one-ing of opposites, towards a still, centre space of merging and becoming ...towards greater and greater Wholeness.

What if in our CEN time of silence together, we endeavour to become more conscious of the slow silent turnings of all opposites - within ourselves and within the world - so as to gently draw them, by our contemplative, prayerful intention, into Oneness...into...Light...into Love?

Let us trust and surrender ourselves to the flow of silent turnings.



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