



## Letting Go of Life that Cannot be Reclaimed

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“We have this treasure in jars of clay...”  
(2 Cor. 4 -)

“We can resist the flow of evolutionary becoming... Or we can choose to flow with its rhythms and... possibilities.”  
(O’Murchu, *God in the Midst of Change* p.188)

“Our God is close to the brokenhearted.”  
(Ps.25:18)

There are three common illusions in life that go to the heart of the sorrow and grief that shape our journey through life. The first is that “I can construct a life in which am not vulnerable.” The second is that “I can plan and arrange things so that I can see right to the horizon.” The third is that “I will not have my heart broken” (David Whyte, from *Conversational Nature of Reality*, YouTube). Whatever we desire, Whyte suggests, will not happen exactly as we expect or would like it to happen. And equally, whatever our world desires of us, will not happen exactly as we might predict.

We come into this world spilling over with creative gifts to share. These are not always nurtured, appreciated or received. We may feel that no one cares about what we have to offer; things we desire pass us by. People we love die, leave us, drift away or disappoint. We, in turn, disappoint - in the places, endeavours and relationships we most care about. Conscious growth and eldering draw us into dialogue between who we think we are and what we think we are not.

If we let ourselves be open to the fullness of the grief arising in this conversation, we can untether ourselves from uncreative paralysis. Good grief is like the rhythmic flow of a slow-moving river. We honour our soul with its unhurried pace. Sadness and joy intermingle. To deny our grief is to deny the world what only we can give. This is a necessary piece in cosmic health and healing. The personal, planetary and divine are inseparable. We dwell in the present. Let go. Surrender. Wait for the evolutionary God of the future to invite us towards new horizons.

### An Exercise in Consciousness

“Where there is sorrow, there is holy ground” (Oscar Wilde). Touch the holy ground of your sorrow, with its vulnerability, broken-heartedness as well as green fertility.

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For the Josephite Eldering Team - Clare Conaglen (CLT), Maryellen Thomas, Colleen Woodcock, Annette Coulthart, Jane Kowalczyk, Kathleen Cramer & Michele Shipperley (Chair). [Next Issue: Retreat – Affirming Our Life and Death \(1\)](#)

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