

Dear Classmates

What a pleasure it is to share this adventure with you all. So far for me, this class really has been like taking a dip into a clear pool of love and the imagination. Using the heart as an organ of perception is certainly a very poetic way of feeling the world. As we look through our hearts into the soul of the world we see how we are intimately connected. My letter to you all is inspired by our readings, meditation, the numinous heart, and Hillmans style of writing that "dissolves the heart in its own water" (Randy). I hope my words will take you on an imaginative journey and capture some of the magic this class holds for me.

Imagine you are alone one day, it is a cold winter morning and you decide to go for a walk to a nearby lake. Heavy snow fall from the night before hides any visible sign of your familiar path, but this holds no problem as your memory leads your feet confidently forward. The sight of your footprints in the virgin snow cause you to slow for a moment, but your deep stride returns quickly as your mind becomes full of the problems that made you toss and turn all night. The black and white of your world holds many quandaries, all those either/or daily dilemma's. It is searching for those impossible perfect answers that carries you distractedly forward. This is a usual route for you, one you have done often, but today feels a little different. An uneasy stillness hangs in the air as a blanket of snow keeps the earth very quiet. So rarely are your days filled with silence, it is a little unnerving. There is an underlying feeling of trepidation, a growing worry of the unknown about to disrupt the calm still silence. When you reach the remembered destination of the lake, it is no longer there, blue vanished under white. No longer is the water's edge graspable by your linear mind. You are unsure where the lake begins or ends. Suddenly there is no end to your walk, only infinity ahead. Reaching gingerly forward with your foot you are relieved to find solidity under it. An icy floor lays before you and today you can step where you have never stepped before. The overwhelming sense of risk flowing through your body is quickly followed by a rush of excitement. One firmly felt step after the other your confidence builds as exhilaration overcomes fear. Your pace quickens as an early afternoon sun shines bright. Soon you find yourself standing mesmerized in the middle of the lake, overwhelmed by the beauty that surrounds you. You are at the epochal center of a winter wonderland decorated with sparkling ice crystals, Wow!

Then CRACK! At the very instant you forget you are standing on water, your weight breaks through the ice. As the warmth of the sun melts the cold floor you are plunged into the longest, darkest, coldest moment that swallows years.

You do not breathe in the shock. Your heart stops in the fright.
Your bright day turns into night. The world you know, now far out of sight.

After the darkness your eyes are faced with nothing they recognize. Your ears pick up unfamiliar noises and your nose feels strange. The first senses normally deployed to make sense of your world are now useless. After a fleeting moment of distress you become aware of a strange but comforting feeling. You feel a deep rhythm enveloping you, lub-DUB, silence, lub-DUB, silence, a safe womb like sensation. Your own quickened heart slows to accompany this earthy ancient beat. Synchronizing harmonic oscillations reverberating to a remembered melody. You feel gently touched all over. When you lift your arm it pushes and pulls the watery air. Your body is being gently rocked by a thick breeze. Sweeping your hand past your face causes

your hair to move even without touch. Your walk is buoyant as your feather light body floats and dances in the rhythm of each step.

The dark murkiness holds no strangeness or fear for you as a super sensory knowledge takes over. An instinctual element guides you as all pre-suppositions of what you expect to see disappear. The lake communicates her great mysteries to you in a different language. You feel air, earth and fire through her liquid words. You experience the height of the mountain waters that have filled her and the breadth of the sea she flows out to. As you become accustomed to the new sensations the world around you becomes clear. The darkness disperses and your eyes begin to capture glimpses of a living world, the unseen visible only through a veil of motion and flux. Everything suddenly lights up, draws your joy, flares with beauty (Hillman, 1992, p. 13). There are no straight lines, everything is fluid and connected. Your ears hear the purr of rocks and find colorful corals sing as they sway. You can sense other presences long before you see them by the ripples they create inside you. Your new world is a warm watery one that is always flowing. Even when you try to stay in one place, you awake in another. And though you never see the moon, you experience her ebb and flow as you are pulled with her cyclic pattern.

Your heart beats strong in the clearness of this wonderful new world. She "perceives the correspondences between the subtleties of consciousness and the levels of being" (Hillman, 1992, p. 7). All the objective mud has been washed away and the "intelligence of the heart" revealed. A terrain of images and imaginal thought, essences of reality presented by the imaginal to the imagination (Hillman, 1992, p. 28). You are able to simultaneously know and love by means of imagining. Your world is coated in a luster, each particular event has its own clarity, its particular brightness. The mere appearance of things in the form they appear is beauty itself - each event has its own smile. It is Sophia and Aphrodite dancing, restored to their innocence, the heart of beauty. Your heart thinks with the passionate spirit of "Himma", she sees a love long forgotten, it flows freely in the water around you, touching all the immeasurable and invisible contours of your skin. It is a higher universal love that incorporates the whole spectrum and lets you experience all as one. All day, every day, you are gently caressed, wrapped in love, washed in love. You breathe in love, take in the world. Love fills your heart.

Love flows through your spiraling circulatory system and spiraling DNA.
Out into our spiraling oceanic world, out into our spiraling milky way.

Then love spirals back to you. You breathe in love. You breathe out love. Your love is breathed in by the world. Love mediating, balancing, always flowing out and gathering in.

Now realize today, at this moment you are intrinsically part of a watery environment. The human body is 60 % water, muscle is 75% water, blood is 83% water, brain 70 % water, and the lungs nearly 90 % water. The earth itself is covered with 78% water (U.S. Department of the Interior). The boundary you once perceived between you and everything else has just disappeared in a watery lake of love. The powerful electromagnetic generator of your heart carries emotions across oceans in the waters that flow inside you and around you. You are constantly touched by a living changing world. We are all flowing and dancing together in the numinous beat of life.

In Love and Light