

contemplation and purification—black, white, red and gold. And it points somewhere, her crown, which is a crown of roses fabricated from the jewels of the earth. Yet it doesn't end there. There is a pointer coming out of the crown of her head pointing to an egg-shaped blue stone, lapis (the philosopher's stone), The Love of God, at the top and at the bottom. The whole scene is nearly shot through with blue, with the love that comes to all who choose to be present to the moment.

One last word—I just realized that the green of the grassy herbs upon which the Madonna is resting seems to be “bleeding up” into her beautiful blue garment. Sweet—I've just now seen that! Very sweet! The greening of the Godhead. I can live with that...for the moment.

Love and Light to you all,

Jeff

**Jeff** says: “I'm a poet, a good pastry chef, a supervising spiritual director at Mount Saint Mary's College Spirituality Center in Los Angeles, a Registered Nurse with a Masters degree in Comprehensive Health Planning from UCLA, and Bachelors degree in History from UC Berkeley, an ex-Peace Corps Volunteer in the Marshall Islands (public health), and a ex-Army Medic who served two years in a surgical intensive care unit, US Army Hospital, Camp Zama, Japan. I love photography, dream work, choral music, the Enneagram, travel, and adult transformational spirituality.”

It is strange to be here. The  
mystery never leaves you  
alone. Behind your image,  
below your words, above  
your thoughts, the silence of  
another world waits. A world  
lives within you. No one else  
can bring you news of this  
inner world.

- John O'Donohue  
*Anam Cara*

