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WEEK 1

THE DOOR OF OUR  
HEART

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## INTRODUCTION

*A door opens in the center of our being  
and we seem to fall through it into the immense  
depths which, although they are infinite,  
are all accessible to us.*

—THOMAS MERTON

THE “DOOR” OF our heart is a way of speaking about an invisible passageway through which we enter the endless territory of beauty and truth secluded in our interior world. Unlike the physical doorways we pass through, the door of our heart is hidden. This symbolic door bears a similarity to physical doors in that it, too, opens and closes. Our heart-door opens inward to the inherent goodness seeded in us at our birth and opens outward to the world where we bring this goodness and share it with others. When we enter the door of our heart and go inward, this nonphysical door allows us to move beyond where we presently are in our beliefs, emotions, attitudes, and actions. By doing so, our spiritual growth evolves and our union with the Holy One matures.

Various sources describe a door as an entrance, opening, passage, and a means of admittance. The door of our heart gives us access to the divine within us and helps us know and accept more of the totality of who we are. While this process goes on repeatedly, we do not always recognize each occurrence. When we do, what a gift it is to experience this revelation. Such an occasion took place for me at dusk on an early June evening.

I sat on the doorstep of my porch, talking on the phone, listening to a newly widowed friend speak of her severe sorrow. In between wrenching tears, she poured out her struggle of attempting to re-engage with a life that no longer included her beloved husband. As I gave full attention

to my grieving friend, a young, sleek deer emerged from the woods and stood like a sentinel on the front lawn. At the same time, the tiny lights of fireflies began twinkling in the night air. I felt caught between two contrasting worlds: the sharp pain in my friend's heart and the alluring beauty of the natural world.

Between these two opposites, something unidentified nudged me to pay attention. I let the disparity be there until the phone conversation ended. Then I continued to sit silently on the doorstep, pondering the enticing scene, wondering what stirred inside of me. This movement opened the door to my inner self and led me to look at the part that always wants life to be fair. I recognized my strong desire to relieve my friend of her heartache. At the same time, I also trusted she was in a "growing place" and eventually would be less pained from her loss.

From this pause of reflection, I glimpsed divine presence in both areas: a Compassionate Companion embracing hurting ones and a Generous Creator continually revealing abundant splendor. The deer and the fireflies assured me that beauty remains present in the midst of life's turmoil. That evening the door of my heart provided a passageway to gratitude for enduring beauty and a reminder to trust God's strength to be there, especially when the harshness of life shows its face.

In *The Song of the Seed*, Macrina Wiederkehr's words describe the inner journey I took that night on the doorstep: "Deep within your soul there is a knowing place, a sanctuary. . . . Enter that sacred space." By pausing to reflect, I slipped into my inner sanctuary to tend what drew me inward. If I had ignored my experience of the voice on the phone or the deer and the fireflies on the lawn and simply moved on to other things awaiting me, I would not have visited the truth inside. Because I opened the door by pausing, hope revealed itself.

When I move toward the door to my deeper self and enter into it, I often make connections. It feels like coming home. Newly revealed truth sweeps me out of my boxed-in world and assures me either that things make sense or that acceptance of the situation is the only valid option if I want to grow. While connections take place when I visit the hidden places of my heart, things sometimes fall apart before they come together. Questions, confusions, and distress do not immediately disappear, but

eventually, my view of self, God, and life develops a different hue. I receive a more expansive and real look at how to “do” life.

Whenever we are drawn away from our external world toward a focus on our internal one, a door opens and we enter our deeper self. Poet Laureate Stanley Kunitz observed this reality in his memoir, *The Wild Braid*:

The more you enter into the unconscious life, the more you believe in its existence and know it walks with you, the more available it becomes and the doors open faster and longer. It learns you are a friendly host. It manifests itself instead of hiding from your tyrannical presence. . . .

Oh, that we would become a “friendly host” to the unending treasure in us. This inner world contains landscapes of clarity and rivers of knowledge, shadowed caves with unwanted and unclaimed characteristics waiting to teach us, jewels of wisdom containing strength and guidance, and an air of enticement that forever lures us toward union with our divine Muse.

The Sufi poet Jalaluddin Rumi spoke of this profound reality and urged fathoming the depths of the mysterious self. He lamented that not doing so would be like going to the ocean with its teeming life and only bringing back a pail of water. With the grandeur and opportunity for growth that resides within the ocean of our authentic self, it is surprising that we spend most of our waking life with a focus on the external world. How much richer our life would be if we gave equal time to the internal reality. This realm is always available to us if we are willing to be quiet and attentive long enough to visit it.

This week we seek the door of our heart, which opens to our inner treasures. I encourage you to pause, focus inwardly, take a long gaze at the door of your heart, trust that it can lead you to more than you now know and experience. Notice what this door looks like. See where, to what, and to whom it directs you.

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## WEEK 1, DAY 1

### IDENTIFYING THE DOOR

*A door is truly an amazing thing.*

*Closed, it is an agent of separation. . . .*

*But swing it open and it becomes an invitation,  
uniting what before was separate.*

—DREW LEDER

THE METAPHOR OF a door provides a symbolic way of identifying who we envision ourselves to be and how we currently experience life. The door also helps us name how we are in relationship with God. Describing what our inner door looks like can be enlightening. A woman at a retreat spoke about her inner door as a “doggie door.” She explained that her grief over her son’s death was immense, and she could not stand up to get through a large door. Her sorrow brought her down so low emotionally that the only door she felt she could use was, in her words, “one small enough for me to be on my hands and knees.”

At another retreat, a young minister eagerly sought insights and skills to deepen his meditation practice. His enthusiasm and unassuming nature inspired me. At the end of the retreat, he thanked me by saying, “You opened some important new doors for me.” That metaphor seemed especially appropriate because of his openness and readiness for growth. I had no doubt that his journey with the Holy One would take him into deep and expansive territory.

What does the door of our heart look like? Is it transparent? Can people look through it and find authenticity there? Perhaps the door consists of heavy wood or thick brass. This kind of door might be keeping someone out who needs a welcome, or it could signify strength to live the courage of one’s convictions. The door of our heart might be flexible,

like a folding door, allowing plenty of space to welcome new growth. The lightness and openness of a screen door might convey easy accessibility to both the inward and outward aspects of one's self. At another time, a revolving door with no direction might best speak to a state of confusion, or a sense of "going around in circles" due to a hectic schedule, or the result of certain personality traits.

Some people have opaque doors. No one can see inside. Others attach padlocks on the door. Perhaps someone hurt them grievously and they fear to trust again. Maybe the door is tightly locked out of concern that someone will gain an entrance and be dismayed at what is found or not found. The door of another heart might be a thin, glass one needing to be carefully opened. Too much pressure or stress, an unplanned or uncontrolled life event, might cause the delicate door to shatter.

Another morsel of information can be elicited by observing the kind of message that hangs on the door of our heart. This note might say something like *Enjoy Your Stay, Room Service, Welcome, Enter at Your Own Risk, Step Inside, Do Not Disturb, No Trespassing, or No Longer at this Address*. At an Advent retreat when we painted the symbolic door to our heart, one retreatant put a sign on hers that read: *Wipe Your Feet*. We laughed at that sign, but also recognized the protective message it implied.

The door to our heart can change from day to day, even from hour to hour. My inner door can be transparent. Then something happens to upset me. Maybe I get my credit card statement and see a huge mistake on it. Frustration or concern arises and my door quickly becomes a thick, solid one as I make phone calls to try and protect myself from someone's error or illegal use of my card. Generally, however, the door to our heart bears a certain predominant style until a major change or a definite *attitude adjustment* takes place.

As you ponder what type of door most symbolizes your current view of yourself and your life with God, let these words of Jeanette Winter-son's novel *Lighthousekeeping* remind you of the mystery and wonder of who you are:

You are the door in the rock that finally swings free when the moonlight shines on it. You are the door at the top of the stairs that only appears in dreams. You are the door that sets prisoners free. You are the carved low door into the Chapel of the Grail. You are the door at the edge of the world. You are the door that opens onto a sea of stars.

### REFLECT ON THE FOLLOWING:

What kind of door is the door of your heart? Does this door assist or hinder your spiritual growth?

### MEDITATION

After you decide what kind of door most symbolizes yourself, take some deep breaths. Settle into a peaceful posture. Close your eyes and visualize your door. Imagine that the Holy One comes and opens this door. Welcome this beloved visitor with as much fullness of your heart as you can. Remain in the peaceful and reassuring presence of the Holy One for a while. Conclude with any other communication you wish to have with your divine companion, and then go forth to bless life with your goodness. (You might want to draw the door that symbolizes yourself and give it a name.)

### PRAYER

Companion of my growth,  
many are the turns and tumbles  
of my ever-changing life.  
As I find my way on the journey  
of spiritual transformation,  
I trust that your abiding presence  
will guide and guard me.  
I open the door of my heart to you.  
I open the door.

SCRIPTURE TO CARRY IN YOUR HEART TODAY:

Do you not know that you are God's temple and that God's Spirit dwells in you? (1 Cor 3:16).

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WEEK 1, DAY 2

## THE DOOR OF DIVINITY

*So, again Jesus said to them,*

*"Very truly, I tell you, I am the gate. . . ."*

—JOHN 10:7

IN SOME RELIGIOUS traditions, "gate" and "door" are used interchangeably to speak about a divine being. The Hebrew scriptures picture Holy Wisdom sitting by the gates of the city ready to welcome those who approach. "Happy is the one who listens to me, watching daily at my gates, waiting beside my doors" (Prv 8:34). Buddha's disciples quote their enlightened teacher as saying, "I am the Door." The Sufis of Islam refer to Allah as "The Opener and the Closer" of doors. In John's gospel, Jesus announces that he is the "gate" or "door" to fullness of life (Jn 10:9–10).

If we look at what a physical door does, use of this image to connect with the sacred becomes apparent. A physical door is a means of access to another space. The divine door is also an accessible passage, opening the way for us to explore the mysterious regions of our true self. The Holy One offers safe, protective passage, whether we roam in the hitherto unknown regions of our soul or move about in the external world exploring life from its diverse angles. Day by day, we continually pass through the Door of Love.

The story of the Exodus journey exemplifies the door of divinity as a conduit for spiritual growth. When the Israelites hurried away from



enslavement in Egypt, they brought with them an unquenchable thirst for a homeland of their own. The Door of Love provided access for them to move toward this goal. The Exodus people experienced this door each day of their long, tedious journey to the promised land. The Great Door never closed to this people bound together by a desire for liberation. God's heart remained ajar in spite of their doubts, grumblings, hesitations, and rebellions. As they passed through the wilderness, these wanderers were nourished, forgiven, challenged, taught, guided, and transformed by this faithful Presence.

Each encounter moved the wandering people farther along toward the promised land, even though they were never sure if they would arrive there. The Exodus community kept entering the passageway of growth, learning from their failures and their increasingly purified faith. Always, the divine door provided both protection and clearance for what lay ahead in their search for a home.

This group of people wandering through their unfolding life represents the soul of each person searching for the promised land of personal authenticity and a vibrant life with God. Here, too, the Holy One becomes the door, providing safe passage and clearance to what lies ahead in the journey to wholeness. The Door of Divinity is a channel of love, constantly available for us to pass through as we enter our chamber of transformation. As we continue this journey throughout our lifetime, the Door of Divinity always stands open as a grace-filled passageway.

A long time ago I heard a professor in a spirituality class warn, "Be sure to take God with you when you go within." In other words, "Be sure you pass through the Great Door of Love as you enter the realm of your deeper self" so you do not dismiss, deny, or dodge anything that seeks your attention when you enter the depths of your being. Like the Israelites, if we forget or ignore the Door of Love, doubts and discouragement easily overpower us.

As with the Exodus people traveling through unfamiliar and sometimes treacherous territory, when we enter unknown terrain, some encounters will threaten to detour us from our path of spiritual growth. We can find ourselves grumbling when life does not give us all we want or when the price of transformation costs us dearly. Failures, defeats, and

disillusionments temporarily wipe out our hope of reaching the promised land of our true self until we realize these very experiences are stepping-stones to the wisdom we need. Just about the time we get fed up with our wandering and seeming lack of direction, we remember we have safe passage in the One who is our constant guide. All we need do is turn ourselves toward the Great Door, move through this conduit of love, and travel peacefully again.

Now is the time to remember the Exodus journeys of your life and revisit what you learned from them. Look back and see how the Great Door provided a passageway for you to further freedom.

#### REFLECT ON THE FOLLOWING:

How has God been a door in your life?

#### MEDITATION

Allow yourself to enter into stillness. Set aside disruptive thoughts and feelings. Gently let your body, mind, and spirit sink into peaceful repose. Imagine you are passing through the door of God's love. Sense this protective care surrounding you. Look ahead through the open door and notice the welcoming space before you. See the path that beckons. Take a deep breath and receive the strength, guidance, and safety the divine door provides as you prepare to continue on your journey of life. Rest quietly with this reassurance. Close your meditation by renewing your trust in the Great Door and the openness available to you.

#### PRAYER

Great Door of Love,  
assure me of your protective presence  
as I wander about the landscape of my life.  
When I become lost, clear a path for hope.  
May every seeking footstep of mine  
take me through the doorway of your love.  
Be my passageway today. O, be my passageway.  
I open the door of my heart to you.

I open the door.

SCRIPTURE TO CARRY IN YOUR HEART TODAY:

Happy is the one who listens to me, watching daily at my gates, waiting beside my doors (Prv 8:34).

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WEEK 1, DAY 3

## KEYS TO THE DOOR

*Asking the proper question is the central action  
of transformation. . . .*

*Questions are the keys that cause  
the secret doors of the psyche to swing open.*

—CLARISSA PINKOLA ESTÉS

CERTAIN DOORS THAT we use each day, like those of our home, need a key to unlock them. The same is true with our inner world. There, too, the door requires unlocking before we gain entrance. “Anyone of us can, at any time, enter the house of God. All we have to do is turn the key,” comments spiritual teacher, J. P. Vaswani. How true this is and, yet, how challenging at times to find the key that opens the way to the house of divinity within us.

Drew Leder, author of *Sparks of the Divine*, reflects on the nature of keys:

. . . The particular serrations and angles that release a key-lock are hidden inside, invisible, leaving us excluded and baffled. . . . Sometimes things feel like that. We reach for what to say to an angry spouse, what shifts need to be made in a marriage. More honesty? Or tactfulness? More self-assertion or less? More time

and activities apart, or more togetherness? We flip through the keys, but cannot tell which one will release the recalcitrant lock. . . . Still, we persist. If we are sincere in our efforts—if in our actions we manifest willingness to change—if in our humility, we consult with others and with God, the master Locksmith—we are likely to finally find the key.

Leder reminds us that persistence, sincerity, a willingness to change, communication with others and with God are essential in helping us locate the keys to our inner chamber. Provocative questions are some of the best keys for opening the inner door, especially when we feel stuck, unable, or unwilling to enter this hidden realm. Stimulating questions bring us to attention and draw us beyond our present responsiveness, awakening us to how we are to grow. We can be quite sure a question has acted as a key when it urges us to move into untraveled territory or to revisit that which has escaped our awareness.

A single inquiry can act like an arrow going straight to the heart of the matter. Dawna Markova asks these sorts of questions in *I Will Not Die an Unlived Life*. Three of her queries especially draw me inward:

What is it too soon for, too late for, just the right time for?  
When you are very still in a place without words, steeped in silence,  
when the world is elsewhere with its noise and motion, what are  
the sacred hungers that echo inside of you?  
Who am I when I stop doing?

When questions act as keys for opening the door of our heart, they do not necessarily provide answers, nor should we always expect this result. Rather, these questions point us in a certain direction. They propel us inward where we elicit further information for clarification or take another step toward the direction of inner freedom. “True guides . . . are filled with wisdom but are not answer people,” notes Robert Wicks. “Instead, they call us to live with the questions in a different way. . . . So, rather than being answer people true guides move us away from the habit of believing quick answers are the most ideal steps to living fully.” And yet, how desperately we want answers and want them *now*. If only we could believe and trust that the questions themselves have tremendous worth.

Thought-provoking questions are keys for opening the door to a deeper life with God. Like true guides, they may not give us immediate answers, but they enable us to identify and face unknown or unresolved aspects of our spiritual life. If we are to grow, we must also be willing to ask penetrating questions of our deepest self and be ready to give them due attention.

As Dawna Markova so wisely writes: “May we all find the courage we need to ask ourselves the questions that will free our minds and strengthen our souls.”

### REFLECT ON THE FOLLOWING:

What is the central question of your life right now?

### MEDITATION

Take the question of your life with you as you enter into meditation. Begin by recalling that you are not alone. The Holy One is with you. Open your mind and heart to this peaceful presence. Take the question you have identified and bring it to the Holy One. What thoughts and feelings arise as you sit with the question? Are there clarifications? More questions? A sense of direction? Write the responses down. Return your focus to the presence of divine peace within you. Resolve to carry this peace with you as you depart from your meditation.

### PRAYER

Opener of Hearts,  
you are the true guide of my life  
helping me unlock every door that leads to you.  
As I move amid the mystery of myself,  
I seek to know your desires for my growth.  
Keep showing me the way to you  
as I turn to you with trust and with faith.  
I open the door of my heart to you.  
I open the door.

SCRIPTURE TO CARRY IN YOUR HEART TODAY:

When you search for me, you will find me; if you seek me with all your heart (Jer 29:13).

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WEEK 1, DAY 4

## THE CONCEALED DOOR

*There are people whose presence is encouraging. . . .  
The sense of encouragement you feel from them is not  
simply their words or gestures; it is rather their whole  
presence enfolding you and helping you find the  
concealed door.*

—JOHN O'DONOHUE

*THE SECRET GARDEN* is one of my favorite books. In this hope-filled story, ten-year-old orphaned Mary is sent to live with her reclusive uncle in the desolate Yorkshire moors. As she goes about her daily explorations, she finds a high-walled garden. Mary longs to get inside that garden but she cannot find the entrance into it. The walls are covered with thick, dangling vines due to years of neglect, and they hide the wooden gate. Day after day Mary goes back to the garden, bringing with her a constant yearning to find a way inside.

One sunny day a chirping robin flits from the top of the garden wall to the ground beside her. Mary looks down to where the bird has landed and sees the top of a buried key. Not long after she digs the rusty key out, Mary discovers the concealed gate. Her heart beats wildly as she turns the corroded key in the lock. One strong turn, a bit of grunting effort to push the long unused gate open, and Mary is finally able to walk into the

abandoned garden. Eventually, with the assistance of some newly found friends, Mary restores the place to its natural beauty.

In many ways, our hidden self is like the secret garden Mary found. We have this realm of beauty and potential growth within us, but we do not always believe in it or know how to reach it. When we do find our way to our true self, there is work to be done in order to resurrect or restore our innate goodness. Anne Lamott describes her inner garden this way:

If my heart were a garden, it would be in bloom with roses and wrinkly Indian poppies and wild flowers. There would be two unmarked tracts of scorched earth, and scattered headstones covered with weeds and ivy and moss, a functioning compost pile, great tangles of blackberry bushes, and some piles of trash I've meant to haul away for years.

Like Mary's robin and the friends who assisted her, we, too, have helpers in our life who knowingly or unknowingly aid us in our search for the concealed door to our inner garden. Who are these companions of growth? Mine have been people who believed in me before I believed in myself. Sometime ago I read a novel by Joan Ohanneson about the German mystic, Hildegard of Bingen. I remember well one line from it: "But my daughter, the abbess' trust in you is the key that opens the gate." My companions of growth have been diverse, but all have had one common characteristic: each trusted in my potential for growth. I never would have found the key to my inner garden had they not believed in the possibilities yet to come alive in my undeveloped self.

These companions challenged me to see the parts of my self that were encumbered by my ego. They gave me courage to seek and find the veiled realm of my authentic self. Book reviewer David Davies writes: ". . . Insights into our own shadows are best gained in the company of others who lovingly offer us their vision from vantage points not blocked by the pillars of our own ego."

The sum of all this is that others can help us open the door of our heart. We need them to teach us how to pray, to encourage us to find and use our personal talents, to challenge us to expand our minds and hearts,

to assure our efforts. Rarely do we grow spiritually entirely on our own. Each of us benefits enormously by having someone trust in us and believe in our secret garden when we are not so sure it exists, or when we question its potential for growth. It is to our benefit that these teachers and supporters urge us onward as we probe the secret regions of our self and bring our neglected or newly discovered gifts into being.

Whether these companions of growth are persons we know and admire or strangers who enter our life for a brief stay through their trusted presence and teachings, they lead us to those secret places where the seeds of our inner garden wait to be born.

Why not open a concealed door to your heart and visit your inner garden today?

#### REFLECT ON THE FOLLOWING:

Who are the significant people who helped you find the concealed door to your deeper self?

#### MEDITATION

Light a candle. Place it on the floor in the center of an open doorway. Sit by the candle. Look back in memory to those who have been a light for your journey, those who helped you find your way to the garden inside. Think about how you have grown because of their presence. Offer thanks for what you have received. As you blow out the candle, resolve to be a supportive presence for others who seek to find the concealed door to their inner garden.

#### PRAYER

Trusted Gardener,  
tame what has grown too wild.  
Free what has become too tame.  
Claim what has been neglected.  
Awaken what has been dormant.  
Thank you for the companions  
whose presence led me to my deeper self.



I open the door of my heart to you.  
I open the door of my heart.

SCRIPTURE TO CARRY IN YOUR HEART TODAY:

. . . that we may be mutually encouraged by each other's faith . . .  
(Rom 1:12).

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## WEEK 1, DAY 5

# WALLS PRETENDING TO BE DOORS

*Then there were doors that wouldn't open  
unless you asked politely,  
or tickled them in exactly the right place,  
and doors that weren't really doors at all,  
but solid walls just pretending.*

—J.K. ROWLING

THE MAGICAL WORLD of Hogwarts where Harry Potter goes to school contains a zillion secret doors. In *The Sorcerer's Stone*, Harry rushes along to his destination but the doors he tries to open turn out to be walls that refuse to let him pass. The place is filled with illusions. Like Harry Potter's supposed doors, there are times when what we think is the door leading to our authentic self turns out to be a wall of illusion blocking our journey of spiritual transformation.

Solid walls are not doors. Illusions are not legitimate reality. What we believe about some part of our self is not always as it seems. Although illusions appear to be doors to greater growth, they actually keep us from our genuine self. Illusions convince us that our views and actions are serving our growth well and that we do not need to change. These illusions

assure us that it makes no difference if we have more truth in our life. They keep us stuck in our false self by trying to persuade us away from whatever our further development necessitates.

Illusions are “pretend doors.” The counterfeit self is filled with these masquerades. These pretenders deceive us into thinking our motivation or behavior opens us up when they actually close us off like a wall.

Here are some illusions I’ve noticed in myself and others:

- pretending to be a caring door of compassion yet resisting the precious time it takes to listen to another person’s suffering;
- pretending to be an open door of friendship while exerting control over the relationship with subtle demands or jealous requirements;
- pretending to be a door of humility, but actually being fearful of accepting or using the undeveloped and unrecognized talents within one’s self;
- pretending to be a door of trust in God, yet anxious and worried whenever things do not go as planned or hoped;
- pretending to enjoy the achievements of others while envying and desiring their spiritual growth or professional success;
- pretending to be a door of gratitude, but feeling entitled to every opportunity and gift that presents itself;
- pretending to be a door of forgiveness while harboring hateful feelings for someone whose words and actions sliced like a knife;
- pretending to love one’s self, yet continually giving in to mental put-downs and emotions that perpetuate a lack of self-esteem.

One of the ways I get in touch with my illusions is by listening to my “gut responses.” When I feel strong resistance and irritability, or sense myself wanting to defend my mental positions and emotional postures due to the words and actions of others, I am quite sure an old wall of illusion needs to be toppled. When I have the courage to tend to these resistances and let go of my illusions of supposed truth, I tickle the door to new growth, and the passageway to greater inner freedom springs open.

As you near the close of this week in which you have reflected on the door of your heart, the opportunity to discover more of your true self

awaits you. Listen well to how you think and feel today. Pay attention to any resistances. Genuine Love will help you recognize what is a solid wall pretending to be a door and what is truly an opening to continued transformation. Look at your life with an honest and heartfelt desire to be your authentic self.

#### REFLECT ON THE FOLLOWING:

Is there a solid wall in your life pretending to be an open door?

#### MEDITATION

Stand next to a solid wall. Push with both hands on this wall. Notice how you cannot budge the wall. Then take your hands off the wall and sit down for your meditation. Place your hands over your heart. Pray to have any inner walls of resistance made known. Be still and do not force any insights or feelings. Let whatever comes present itself to you. Pay attention to your gut response when thoughts and feelings arise. Remember, God is the one who can help you recognize your illusions. Ask for what you need. Renew your desire for spiritual growth and confidently place yourself in the Holy One's care before you close this meditation time.

#### PRAYER

Truth-Bearer,  
I desire to know the illusions  
that keep me from growing.  
Help me pay attention to what stirs within me.  
May any falseness in my life be revealed.  
Lead me to the peaceful place deep within  
where you and I are truly one.  
I open the door of my heart to you.  
I open the door.

#### SCRIPTURE TO CARRY IN YOUR HEART TODAY:

Lead me in your truth, and teach me (Ps 25:5).