



## *What Does It Mean To Be a People of Longing?*



*October 2018*

# *What Does It Mean To Be a People of Longing?*

*Fall in love with  
the agony of love  
not the ecstasy  
then the beloved  
will fall in love with you*

**-- Rumi**

Longing is part of our relationship with the divine when we recognize the divine within ourselves, each other and everywhere. Theologian, Paul Tillich, defines love as the longing for the reunion of the separated, it is the way we move from isolation into community or an experience of the holy. Belonging to ourselves, each other and God is fundamental to a fulfilling spiritual life.

Yet pursuing spiritual desires does not occur without suffering a broken heart at times. The yearning for a better world. The hunger for deep connection. The longing to actualize our full potential. Leaning into *these* longings is to let yourself care deeply for what can't ever be fully attained. When it comes to the most beautiful and noble of our longings, it's all about loving and pursuing that which will always be out of reach.

And of course we reach anyway. We can't help ourselves. It's what it means to be human. Plato puts it this way: "We are fired into life with a madness that comes from the gods and which would have us believe that we can have a great love, perpetuate our own seed, and contemplate the divine." Notice the implicit plea to be grateful. It comes "from the gods" he says. This madness, this dis-ease, these unstoppable longings for great love, great change and great connection are a gift! The prize is not the moment we are finally quenched; it's that first moment when we were wonderfully cursed with thirst! Heartbreak and heartache are not dangers to be avoided; they are signs that we are living fully and leaning into the holy dis-ease that makes us most human.

It's why Rumi says "fall in love with the agony of love." He knows many of us avoid pursuing our deepest hungers because of fear. No one's deepest longings ever come true. Better to play it safe and keep those deep hungers at a distance. But in this case, playing it safe also means going numb. And we were not created to go numb.

So friends get out there this month and get your heartbroken. It won't feel good, but you will know you are on the right path. And remember Rumi's promise: somewhere in that agony you will feel yourself loved by and deeply connected to life.

In faith,  
Andrea

# Spiritual Exercises

## **Option A: What Gets You Up in the Morning?**

What gets you up in the morning? One can go through their whole life not knowing the answer to that. Routine too easily takes over our lives. Something is wrong when “the alarm clock” is the primary thing that pushes us into the day. This exercise asks us to get into relationship with a different source of momentum.

**Your assignment:** For one week, take 10 minutes at the beginning of your day or at bedtime the night before to identify one thing you want out of the coming day. One thing that *you* want. In the midst of all the obligations ahead of you, what one desire do you want to make room for? Keep it simple. Maybe it is nothing more than to feel the sun on your face for five minutes. Maybe it is to connect and cook tonight's meal with your daughter. Maybe it is to read or run or just have five minutes of silence. Just make it *yours*.

Come to your group ready to share how claiming your desire and your days changed your excitement about waking up.

## **Option B: What Does It Mean to Claim the Torch?**

Sometimes longing helps us name the aspirational gap between what is and what is possible. It helps us work for justice perhaps or to work for wholeness in our own lives or to repair relationships. This is both a meditative and action-oriented exercise, both of which invite you to explore your relationship with the longing for justice:

### **The meditative part:**

Make time to watch and meditate on this five minute video:

<https://vimeo.com/146151529>

Also consider meditating on this quote that is taken from the video:

*“A movement is not a flash of light. It is a flame. It is a torch passed from one generation to the next. And every so often we are blessed with moments when the smolder transforms into a blaze again and we’re forced to race down the path of progress, again. Step. Move. Walk. Witness. Transform the movement forward.... Wake up! Our right to remain in slumber has been revoked. Silence and apathy are now the only crimes. Watch now how every breath is a dance of dissent. Every raised fist an act of resistance. Witness this moment in history turn blaze again. Every moment the*

*flame is growing. But will you be the fire. This time, will you be ember? Will you be catalyst and combustion? Will you claim the torch?"*

-Wyatt Closs, Policy Link Video

Use the video and words to help you find your place in the current social shifts and struggles taking place today. If this is one of those times when the embers of justice are ready to catch flame, what is your part? How can you contribute? What is your way of claiming the torch? Which leads to the action part of the exercise...

### **The action-oriented part:**

As you wrestle with these questions - What is your part? How can you contribute? - identify one action-oriented commitment that qualifies as "claiming the torch." Big or small. Personal transformation or group effort. It doesn't matter. The important piece is figuring out what it means *for you*.

### **Option C: Go Big**

Sometimes taking on a clear "opponent" is less overwhelming than following a passion that is guaranteed to lead you into the unknown. Sometimes, as Marianne Williamson has famously said, "It is our light not the darkness that most frightens us." Bottom line: We often mute the voice of longing because we're scared of what it is asking of us. We don't want to feel desire because we know it is asking us to change, in ways that seem unimaginably hard.

But there comes a time when the voice can't be muted. The hunger trumps the fear. The voice in your head keeps saying, "This life is too small" and "I am selling myself short." If this is true for you, make this the month of wild embrace. Let your desire loose. Don't just lean in, jump in.

Here's some inspiration:

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." -- Marianne Williamson*



# *Your Question*

*As always, don't treat these questions like "homework." You do not need to engage every single one. Instead, simply or take a picture **the one** that "hooks" you most and let it lead you where you need to go. And then come to your Soul Matters meeting prepared to share that journey with your group.*

1. **How is life calling you to leap?** Whether it is a big or little leap, life continually invites us to make a choice, invest in relationship or alter our path before we know all the facts or are giving guarantees. **What edge are you standing on right now?** And how is life calling you to jump?
1. Is life calling you to nurture someone else's longing? How can you help another lean in to the hungers and hopes budding inside them?
2. When was the last time you let yourself fall freely and fully into your longings? Are you ready to go all in?
3. Are you muting the voice of longing because you're afraid of what it is asking of you?
4. Is it possible that God speaks to us in and through our longings? Is it possible that prayer doesn't mean talking to God at all, but instead simply listening to our dreams?
5. How is your relationship with the desire to consume? Is it consuming you more than you'd like? More than you are willing to admit? Why not ask someone to help you stop? Very few of us can control unhealthy desires on our own.
6. What do you want to be remembered for? What do you long to leave behind?
7. Do you remember your childhood desire? Didn't you promise yourself you'd never forget it?
8. What about the desire to be true to yourself? We so often get lost trying to meet other people's desires that we forget our own.
9. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

## Recommended Resources:

*As always, this is not required reading. We will not analyze or dissect these pieces in our group. They are simply meant to get your thinking started, and maybe to open you to new ways of thinking about what it means to be “a people of faith.”*

### Word Roots

**Longing:** A yearning or strong desire. Craving, ache, burning, hunger, thirst, hankering.

### Wise Words

Whatever the expression, everyone is ultimately talking about the same thing — an unquenchable fire, a restlessness, a longing, a disquiet, a hunger, a loneliness, a gnawing nostalgia, a wildness that cannot be tamed, a congenital all-embracing ache that lies at the center of human experience and is the ultimate force that drives everything else. This dis-ease is universal. Desire gives no exemptions.

*- Ronald Rolheiser*

We all carry a holy longing, a yearning to know the meaning of our lives, to have a connection with the transpersonal, to experience the spiritual dimension of human life, to return to our souls' divine origins. Spirituality is the art of creating union with something greater than ourselves, with a Higher Power.

*-Jeremiah Abrams*

What is the difference between desire and longing? Desire is the fever of the head. Longing is the cry of the heart.

*-Sri Sri Ravi Shankar*

In Buddhism, we do not find any such division of the day into tedium and recreation, or material cares and spiritual leisure, or hours to cherish and hours to reject. True improvement in our lives is not just a matter of more minutes allotted

to desire, but of wiser attention and worthier behavior at all times.

*-Bhikkhu Nyanasobhano*

In Sufism, longing is the state of every soul before God, the pull of the soul to come Home and be united with one's Beloved. Longing draws into itself the love of God, like a magnet. The soul cries for God as an echo of God's longing for us, and God answers.

*- Hilary Hart [adapted]*

Freedom is a precious gift. But freedom is more than having choices at the mall, or in the voting booth, or in the unbridled pursuit of personal pleasure. I passionately believe that our deepest longing is for the freedom Jesus spoke of, lived out and calls us to share: the freedom not to be afraid. Even small doses of that freedom will enable us to live in the world differently.

*— Ted Loder in The Haunt of Grace*

St John of the Cross wrote of finding the lover in darkness. The Hindus describe our longing for God as being like that of maidens mad with love, who wander the dark woods all night, searching the ground for the footprints of Lord Krishna.

*— Sophy Burnham in The Path of Prayer*

There are seasons, in human affairs, of inward and outward revolution, when new depths seem to be broken up in the soul, when new wants are unfolded in multitudes, and a new and undefined good is thirsted for. There are periods when...to dare, is the highest wisdom.

**— William Ellery Channing**

Eroticism, being in relation, calls the inner life into play. No longer numb we feel the magnetic pull of our bodies toward something stronger, more vital than simply ourselves. Arousal becomes a dance with longing. We form a secret partnership with possibility.

- Terry Tempest Williams in *Listening to the Land*

"Whoever fights monsters should see to it that in the process he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you."

— Friedrich Nietzsche

"But I don't want comfort. I want God, I want poetry, I want real danger, I want freedom, I want goodness. I want sin."

— Aldous Huxley, *Brave New World*

"The feelings that hurt most, the emotions that sting most, are those that are absurd - The longing for impossible things, precisely because they are impossible; nostalgia for what never was; the desire for what could have been; regret over not being someone else; dissatisfaction with the world's existence. All these half-tones of the soul's consciousness create in us a painful landscape, an eternal sunset of what we are."

— Fernando Pessoa

"But as, in ethics, evil is a consequence of good, so, in fact, out of joy is sorrow born. Either the memory of past bliss is the anguish of today, or the agonies which *are* have their origin in the ecstasies which *might have been*."

— Edgar Allan Poe, *Berenice*

"Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart."

— Mahatma Gandhi

"That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone. You belong."

— F. Scott Fitzgerald

May you be drenched with the longing for peace, and make justice blossom on earth.

— Hildegard of Bingen

"A movement is not a flash of light. It is a flame. It is a torch passed from one generation to the next. And every so often we are blessed with moments when the smolder transforms into a blaze again and we're forced to race down the path of progress, again. Step. Move. Walk. Witness. Transform the movement forward.... Wake up! Our right to remain in slumber has been revoked. Silence and apathy are now the only crimes. Watch now how every breath is a dance of dissent. Every raised fist an act of resistance. Witness this moment in history turn blaze again. Every moment the flame is growing. But will you be the fire. This time, will you be ember? Will you be catalyst and combustion? Will you claim the torch?"

— Wyatt Closs, *Policy Link Video*,

<https://vimeo.com/146151529>

## Poetry

**Song of Songs 3:1-2 (The Message)**

<https://www.biblegateway.com/passage/?search=song+of+songs+3%3A1-2&version=MSG>

<sup>1-4</sup> Restless in bed and sleepless through the night,

I longed for my lover.

I wanted him desperately. His absence was painful.

So I got up, went out and roved the city, hunting through streets and down alleys.

I wanted my lover in the worst way!



I looked high and low, and didn't find him.  
And then the night watchmen found me  
as they patrolled the darkened city.  
"Have you seen my dear lost love?" I asked.  
No sooner had I left them than I found him,  
found my dear lost love.  
I threw my arms around him and held him tight,  
wouldn't let him go until I had him home again,  
safe at home beside the fire.

## **Hadewijch II**

*Lal Ded, (Jane Hirschfield, translated)*

I was passionate,  
Filled with longing  
I searched far and wide.

But the day that the Truthful One  
Found me,  
I was at home.

## **I Want to be Better**

*Howard Thurman*

The concern which I lay bare before God today is my need to be better:  
I want to be better than I am in my most ordinary day-by-day contacts:  
With my friends—  
With my family—  
With my casual contacts—  
With my business relations—  
With my associates in work and play.  
I want to be better than I am in the responsibilities that are mine:  
I am conscious of many petty resentments.  
I am conscious of increasing hostility toward certain people.  
I am conscious of the effort to be pleasing for effect, not because it is a genuine feeling on my part.

I am conscious of a tendency to shift to other shoulders burdens that are clearly my own.  
I want to be better in the quality of my religious experience:  
I want to develop an honest and clear prayer life.  
I want to develop a sensitiveness to the will of God in my own life.  
I want to develop a charitableness toward my fellows that is greater even than my most exaggerated pretensions.  
I want to be better than I am.  
I lay bare this need and this desire before God in the quietness of this moment.

## **Today like every other day**

*Rumi*

<https://onbeing.org/blog/rumi-a-perfect-voice-for-the-spiritual-longing-and-energy-of-our-time/>

Today, like every other day, we wake up empty and frightened. Don't open the door to the study and begin reading.  
Take down a musical instrument. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.

Out beyond ideas of wrongdoing and right doing, there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase each other doesn't make any sense

## **Go to the limits of your longing**

*Rainer Maria Rilke*

<https://onbeing.org/blog/go-limits-longing/>

God speaks to each of us as he makes us, then walks with us silently out of the night.  
These are the words we dimly hear:  
You, sent out beyond your recall,  
go to the limits of your longing.  
Embody me.

Flare up like a flame  
and make big shadows I can move in.  
Let everything happen to you: beauty  
and terror.

Just keep going. No feeling is final.  
Don't let yourself lose me.  
Nearby is the country they call life.  
You will know it by its seriousness.  
Give me your hand.

~ from *Book of Hours I*, 59

### **The House of Belonging**

*David Whyte*

<https://onbeing.org/blog/the-house-of-belonging/>

I awoke this morning in the gold light  
turning this way and that thinking for a  
moment it was one day like any other.

But the veil had gone from my darkened  
heart and I thought it must have been the  
quiet candlelight that filled my room,

it must have been the first easy rhythm  
with which I breathed myself to sleep,  
it must have been the prayer I said  
speaking to the otherness of the night.

And I thought his is the good day  
you could meet your love, his is the gray  
day someone close to you could die.

This is the day you realize how easily  
the thread is broken  
between this world and the next

and I found myself sitting up  
in the quiet pathway of light,

the tawny close grained cedar  
burning round me like fire  
and all the angels of this house  
heaven ascending through the first  
roof of light he sun has made.

This is the bright home

in which I live, this is where  
I ask my friends to come,  
this is where I want to love all the things  
it has taken me so long to learn to love.

This is the temple of my adult aloneness  
and I belong to that aloneness as I  
belong to my life.

There is no house  
like the house of belonging.

### **The Peace of Wild Things**

*Wendell Berry*

<https://onbeing.org/blog/wendell-berry-the-peace-of-wild-things/>

When despair for the world grows in me  
and I wake in the night at the least  
sound in fear of what my life and my  
children's lives may be,

I go and lie down where the wood drake  
rests in his beauty on the water, and the  
great heron feeds.

I come into the peace of wild things  
who do not tax their lives with  
forethought of grief. I come into the  
presence of still water.

And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am  
free.

### **The Road Not Taken**

*Robert Frost*

<https://www.poetryfoundation.org/poems/44272/the-road-not-taken>

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,

Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference."

### **The Longing for Something More**

*Gretchen Haley*

<https://www.uua.org/worship/words/opening/longing-something-more>

Every little thing that breaks your heart  
Is welcome here

We'll make a space for it  
Give it its due time and praise  
for the wanting it represents  
the longing for something more,  
some healing hope that remains  
not yet

We promise no magic  
no making it all better  
But offer only this circle of trust  
This human community  
that remembers though imperfectly  
that sings and prays  
though sometimes awkwardly

This gathering that loves,  
though not yet enough  
We're still practicing after all,  
still learning,  
still in need of help and partners  
Still becoming able to receive  
all this beauty and all these gifts

we each bring

Come, let us worship together.

## **Articles, Podcasts and Videos**

### **Song: An Antidote for Longing**

<https://onbeing.org/blog/an-antidote-for-longing/>

I have since learned that “Wukun” is a song about storm clouds, but it feels so reminiscent of that longing feeling — a deep sense of connection and disconnection all at once — and has become one of my favorites. May this song bring you something for whatever you are longing for, too.

### **Luminosity [and Longing]**

<https://vimeo.com/24449670>

*from one of the creators:* “In making this video in June and I took snippets of each other's poetry and writing and wove them into a love story. We didn't know where we were going in the beginning, but we knew it was about longing....”

### **“The Case for Reparations”**

*Ta Nehisi Coates*

<http://tinyurl.com/nopprgt>

This article makes the case that reparations are one way to come to terms with centuries of denying desires: “Two hundred fifty years of slavery. Ninety years of Jim Crow. Sixty years of separate but equal. Thirty-five years of racist housing policy. Until we reckon with our compounding moral debts, America will never be whole.”

### **The Myth of Multitasking: Longing to Be Absorbed Wholly**

*Courtney Martin*

Multitask better so you can do more. Walk through any cafe with a strong, consistent Wi-Fi signal and peer over the shoulders of the heavily caffeinated. You will see how faithfully we believe in our power to do it all, all at once, particularly online: ten tabs open on a browser, a GChat conversation in the right hand corner of a half-written email, a twitter stream flowing by with a thousand tributaries threatening to siphon off your attention.

### **Longing for Absolutes in a Relative World and What Gives Lasting Meaning to Our Lives**

*Maria Popova*

<https://www.brainpickings.org/2018/03/27/alan-lightman-searching-for-stars-on-an-island-in-maine/>

“We are idealists and we are realists. We are dreamers and we are builders. We are experiencers and we are experimenters. We long for certainties, yet we ourselves are full of the ambiguities of the Mona Lisa and the *I Ching*. We ourselves are a part of the yin-yang of the world.”

### **What Breaks Your Heart?**

*Maria Shriver*

<http://www.awakin.org/read/view.php?tid=2283>

What breaks your heart? What does your soul long for? And, how is that connected to how you are living your life now? I love this question because it's made me think about my passion and purpose in a whole new way. I wanted to share it with you today because I believe this is a question that applies to all of us. And, I also believe that the answer lies deep within each and every one of us.

### **Becoming Free of Our Substitute Life**

*Ezra Bayda*

<http://www.awakin.org/read/view.php?tid=2160>

Do you try to maintain a sense of order and control, to avoid feeling the fear of chaos, of things falling apart? Do you try to gain acceptance and approval, to avoid the fear of rejection, of not fitting in? Do you try to excel and attain success, to avoid the fear of feeling unworthy? Or do you seek busyness in adventure or pleasure, to avoid the deep holes of longing and loneliness? All of these strategies have one thing in common: they keep us encased in our artificial or substitute life.

### **Trees are Sanctuaries**

*Herman Hesse*

<http://www.awakin.org/read/view.php?tid=2170>

A longing to wander tears my heart when I hear trees rustling in the wind at evening. If one listens to them silently for a long time, this longing reveals its kernel, its meaning. It is not so much a matter of escaping from one's suffering, though it may seem to be so. It is a longing for home, for a memory of the mother, for new metaphors for life. It leads home. Every path leads homeward, every step is birth, every step is death, every grave is mother.

## **Movies**

### **Being John Malkovich**

<https://www.spiritualityandpractice.com/films/reviews/view/1908>

An Alice-in-Wonderland extravaganza about the yearning we all have, occasionally, to be someone else.

### **Bend it Like Beckham**

<https://www.spiritualityandpractice.com/films/reviews/view/5655>

A delightful English comedy that charts the single-mindedness of an Anglo-Indian girl to fulfill her dream of becoming a soccer player.

## **Bridges of Madison County**

<https://www.spiritualityandpractice.com/films/reviews/view/4846>

Probes the poetics of desire and yearning in two soulmates.

## **The Hours**

<https://www.spiritualityandpractice.com/films/reviews/view/5466>

A mesmerizing and multidimensional drama based on a Pulitzer prize-winning novel about the yearning of three women and their varied paths to passion, meaning, and happiness.

## **Songs**

### **“Desire” by U2**

<https://www.youtube.com/watch?v=z8rQ575DWD8>

### **“Make You Feel My Love” by Adele**

[https://www.youtube.com/watch?v=0put0\\_a--Ng](https://www.youtube.com/watch?v=0put0_a--Ng)

### **“At Last” by Etta James**

<https://www.youtube.com/watch?v=S-cbOI96RFM>

### **“You Can’t Always Get What You Want” by the Rolling Stones**

[https://www.youtube.com/watch?v=EM\\_p1Az05Jo](https://www.youtube.com/watch?v=EM_p1Az05Jo)

### **“Monticello” by Erin Rae**

Note the link includes the song as well as a reflection about “the process of growing up, from sweet nostalgia and a wild desire for novelty to wisdom, compassion, and creativity.”

<http://tinyurl.com/hy499tx>

## **Books**

## **Book of Longing**

*Leonard Cohen*

[https://www.goodreads.com/book/show/158005.Book\\_of\\_Longing?from\\_search=true](https://www.goodreads.com/book/show/158005.Book_of_Longing?from_search=true)

Leonard Cohen is one of the great writers, performers, and most consistently daring artists of our time. *Book of Longing* is Cohen’s collection of poems. *Book of Longing* contains erotic, playful, and provocative line drawings and artwork on every page, by the author, which interact in exciting and unexpected ways on the page with poetry that is timeless, meditative, and at times darkly humorous. The book brings together all the elements that have brought Leonard Cohen’s artistry with language worldwide recognition.

## **Book of Love: poems of ecstasy and longing**

*Rumi (translated by Coleman Brooks)*

<https://www.spiritualityandpractice.com/book-reviews/view/5496/rumi-the-book-of-love>

In "What Hurts the Soul," Rumi reminds us: "Love is the way messengers / from the mystery tell us things." The chapter headings signal the many vehicles of the Beloved-wandering, grief, tavern madness, absence, animal energies, friendship. There is rigor here as well as great playfulness. Rumi really mixes it up. Love flows and grows through emptiness, surrender, and silence. But God, as Rumi spells out in "The Stupid Things I've Done," can also make glories "from the fertilizer of sinning." Barks quotes the Sufi master: "Our loving is the way God's secret gets told!" Now there's something to take to heart!

## **Come Thief**

*Jane Hirshfield*

[https://www.amazon.com/Come-Thief-Poems-Jane-Hirshfield/dp/0375712070/ref=sr\\_1\\_6?s=books&ie=UTF8&qid=1537196786&sr=1-6&keywords=jane+hirshfield](https://www.amazon.com/Come-Thief-Poems-Jane-Hirshfield/dp/0375712070/ref=sr_1_6?s=books&ie=UTF8&qid=1537196786&sr=1-6&keywords=jane+hirshfield)

A revelatory, indispensable collection of poems from Jane Hirshfield that centers on beauty, time, and the full embrace of an existence that time cannot help but steal from our arms.

### **Open to Desire**

*Mark Epstein*

[https://www.amazon.com/Open-Desire-Embracing-Insights-Psychotherapy/dp/1592401082?keyword=s=open+to+desire+mark+epstein&qid=1537229496&sr=8-2-fknull&ref=sr\\_1\\_fknull\\_2](https://www.amazon.com/Open-Desire-Embracing-Insights-Psychotherapy/dp/1592401082?keyword=s=open+to+desire+mark+epstein&qid=1537229496&sr=8-2-fknull&ref=sr_1_fknull_2)

It is common in both Buddhism and Freudian psychoanalysis to treat desire as the root of all suffering and problems, but psychiatrist Mark Epstein believes this to be a grave misunderstanding. Bringing wisdom to a fresh and compelling topic, Epstein shows how desire can be a teacher in its own right,

### **The Agony and the Ecstasy: A Biographical novel of Michelangelo**

*Irving Stone*

[https://www.amazon.com/s/ref=nb\\_sb\\_s\\_i\\_1\\_18?url=search-alias%3Dstripbooks&field-keywords=the+agony+and+the+ecstasy&prefix=the+agony+and+the+%2Cstripbooks%2C720&crd=24A8DL1GLWOG](https://www.amazon.com/s/ref=nb_sb_s_i_1_18?url=search-alias%3Dstripbooks&field-keywords=the+agony+and+the+ecstasy&prefix=the+agony+and+the+%2Cstripbooks%2C720&crd=24A8DL1GLWOG)

His time—the turbulent Renaissance, the years of poisoning princes, warring Popes, and the all-powerful de'Medici family. His loves—the frail and lovely daughter of Lorenzo de'Medici, the ardent mistress of Marco Aldovrandi, and his last love, his greatest love—the

beautiful, unhappy Vittoria Colonna... His genius—a God-driven fury from which he wrested brilliant work that made a grasp for heaven unmatched in half a millennium...

This packet was created based on the Soul Matters Sharing Circle model of small groups by Andrea Johnson. To be used at Unity Church only.



<https://www.soulmatterssharingcircle.com/>