

Thank You Old Friend X_{∞}

I have come into this body as the sun comes into the new day. Here, I have come to know dichotomy. Here, I learned about love and its opposite; I learned about goodness and its opposite; I learned about cognitive knowledge of our Divine Parent and its opposite and I became aware of boundaries. In this body I have felt pain and suffering as well as joy, physical pleasure and awe. In this ephemeral home I have known what it is like to be human seeking knowledge of God and I have known the sweet feeling of reassurance with the twinkle of spirit our Divine Parent has allowed us to see. I have known anger and hatred as well as respect and profound friendship. I have felt the new kind of love that came at the first holding of each of my children and grand children. I have experienced a profound sadness that filled my heart when discipline was necessary.

Like an old suitcase you have carried me around, it seems like such a long time. Yet, at this moment of now our time together seems like a flash of light. You are worn and battered, still able to carry me about, but the last stitches are unraveling. My destiny is to leave you old friend, to fly like a song sparrow from the cage. My time with you helped me become my destiny. I'm not sure how our life lessons will be useful in my Pure Spirit Being, but I believe that just as I developed physical attributes before birth that were needed in my time with you, I have developed spiritual attributes that will be needed in my next state of being. Thank you for allowing me to be with you for a while.

The spirit recognizes the role of the body and says thank you for the knowledge of life. (Contemplation of the soul morning meditation April 9, 2009)