



Our daily lives are our journey  
to the birth of our Christ-Self, our essential Self.

Our primary call now: to awaken the treasure within.

Today how will you nourish that Life?

### **Be what you are**

From the depths of all being  
A cry resounds: be what you are;  
be what you are. Be Love soft and true

Be the silent gaze holding all  
Let your awareness be  
Let essence arise  
Wake up and be what you are.

Jan Novotka in the album *Mystery Living You*

During this month we are invited to awaken the treasure within, to intentionally live in communion with that hidden part of us that dwells just under the surface of our lives, the part Thomas Merton called the true Self. We are called to live in union with our deep animating Spirit, the part of us that is always in communion with God.

In Paul's words, "May God grant you the power through the Spirit that your hidden Self may grow strong, that Christ may dwell in your heart through faith, that you may be rooted and grounded in love..." Eph. 3:16

Practice: Every day reflect on your daily experience to notice where you were the presence of Christ for another. And notice where another was Christ for you.

Be attentive to where and when you experienced the presence of the living Christ.

Notice those moments.  
Savor them and your life will be richer.