



July 2023

2023-4

Recipes for the Soul

I have started and erased a few attempts to get on paper some of the thoughts that have stayed with me throughout the first half of 2023. This time so full of engagement with issues of the soul and the delight of living day-to-day.

From this place of joy and wonder, I offer a couple of recipes that have arrived. Of course, all recipes derive from the tastes and experience of the Chef. I hardly fit the finer description of “chef”, but I know these are happy places on my palate. Perhaps they can stimulate yours as well with your personal adjustments to the ingredients.

Re-wilding the Soul -- Ingredients

1. Select an appropriate location to observe the natural environment. Perhaps a place that feels like Paradise (A state or national park that you seldom visit. Actually, any spot that you can find quiet and maintain attention – most days my kitchen window looking into the yard often produces, birds at the feeder, Deer with fawns, fox, raccoons, a resident hawk or some other surprises. An alternative may be to walk the labyrinth and encounter the images within.)

2. Perhaps a book of poetry? (I recently reacquainted myself with this one.) Karen and I used this book on our first-ever back packing trip on the Appalachian Trail in the Smokey Mountains and memorized lines as we lived only with what we had in our packs in the wilderness for 7 days. Note we did have to replenish water frequently and learned never to pass the opportunity to replenish it!

*“A book of verse beneath the Bough
A jug of wine, a loaf of bread, and thou,
Beside me in the Wilderness
O’ Wilderness were Paradise enow.”*

~~ The Rubaiyat by Omar Khayyam

3. Leave your cares and expectations behind and seek the connection with all you see and hear.



4. Take home the memories to feed you on the dark days when special nourishment is needed.
5. Savor any and all changes or additions in your life and share with your best friends.



Recipe #2

There are valuable practices and meditations I use that allow me solitary time to listen to an inner voice or guide that might arrive. Often poetry or a special reading is entry to this space. But so much has been given to me during times of gathering with friends, family, and especially within the wisdom family of OOOW and friends. (The sign above from a friend in OOOW.)

Recipe to gather for an experience of the “Holy “in our lives.

There are many ways to seek “the Holy “and gathering is a powerful way to experience this with others.

Become familiar with a group that you might learn to trust. (Could there be a group by family or even upon guidance from a trusted friend?)

Discern what you might want to learn about re-wilding you soul (could be any topic but this recipe is directed re-wilding the Soul).

1. Take your books and willingness to be open to the Mystery that will emerge. (If it is challenging to your views or experience, you may be on a learning curve.)
2. Trust that collective wisdom will open new doors, but you will know if it speaks to your heart.
3. Bring your story and share. You will have much to add.
4. Know that recipes generally need heat or other preparation that transforms the ingredients into something new. The collective will have many options and can determine what they expect as an outcome. You will also find unexpected possibilities. ---It is normal that some will fail the taste test!

5. Bring your openness, trust, and a spirit of adventure.

6. The leftovers from the potluck often improve with time, but even good meals may become toxic if left unattended.

7. Follow up with your new friends and share even more as you learn what else may be in their recipe book. The best of this time will be the new friendships!



Chapel at the Farm, Telephone, TX.

A sanctuary for practicing re-wilding and Sanctuary.

Be sure to visit.

I send my thanks to each of you for bringing your love, compassion, and wisdom to the banquets we have shared with one another.

~~ Abbot (Emeritus) Ron Poidevin