



Living in Relational Wholeness

Coalesce Podcast

Episode 029 – You Are What You Seek

Note, terms, scripture, practice



Mystic — *one who has moved from mere belief systems or belonging systems to actual inner experience.*

Tat Tvam Asi:

YOU are That!

You ARE what you seek!

THOU art That!

THAT you are!

You are IT!

Symeon the New Theologian (949-1022)

Richard of St. Victor (1123-1173)

“This gift is from God and not of man’s deserving. But certainly no one ever receives such a great grace without tremendous labor and burning desire.”

[Philippians 2:12-13](#)

Hugh of St. Victor (1078-1141)

The first eye was the eye of flesh (the senses),
the second was the eye of reason (meditation or intellectual reflection),
and the third eye was the eye of true understanding (contemplation).

meister — spiritual master

Meister Eckhart (1260-1327)

“What a [person] takes in by contemplation, that he [or she] pours out in love.”

“If humankind could have known God without the world, God would never have created the world.”

“The Father laughs with the Son; the Son laughs with the Father. The Father likes the Son; the Son likes the Father. The Father delights in the Son; the Son delights in the Father. The Father loves the Son; the Son loves the Father. This laughter, liking, delighting, loving *is* the Holy Spirit!”

“The eye through which I see God is the same eye through which God sees me; my eye and God’s eye are one eye, one seeing, one knowing, one love.”

“The food which I eat, is thus united with my body as my body is united with my soul. My body and my soul are united in one being . . . which signifies the great union we shall have with God in one being.”

“Now He [Christ] says: ‘The Father and I are One’—the soul in God and God in the soul. The water is inside of the flask, thus [we say it] contains the water within it, but the water is not truly in the flask and the flask is not truly in the water. However, the soul is definitely one with God so that the one without the other would be incomprehensible. One can understand heat even without the fire and the rays without the sun, but God is unable to understand Himself without the soul, nor the soul without God, so completely one are they.”

con-vertere — to turn around or to turn with

[1 Corinthians 2:16](#)

[Ephesians 4:22](#)

Jalaludin Rumi (1207-1273)

Practice: Learning by Heart

Hafiz

Another revered Persian Sufi poet and mystic is Khwaja Shams ud-Din Muhammad Hafez-e Shirazi (about 1320-1389) of Iran, who lived a century after Rumi. His poetry expresses human experience of the Divine. Daniel Ladinsky writes: “Hafiz does not see God as separate from the world—wherever there is love, there is the Beloved. The Indian Sufi teacher Inayat Khan explained, ‘The mission of Hafiz was to express to a fanatical religious world that the presence of God is not to be found only in heaven, but also here on earth.’”

Numerous people have translated, adapted, or imitated Hafiz’s poetry in many languages. In his renditions, Ladinsky tries to be true “to the living spirit of this divine poet . . . a spirit of infinite tenderness and compassion, of great exuberance, joy and laughter, of ecstatic love and fervent longing for his Beloved, and of wonder and delight at the divine splendor of the universe.” The Sufis call Hafiz “the living embodiment of Love.”

Hafiz wrote, “I am a hole in a flute that the Christ's breath moves through,listen to this music.” Hafiz memorized whole books of sacred text and almost all of Rumi’s poetry by heart. It seems there is greater power in words when we take them into our beings at the level of memory. From here they can move to the subconscious and even greater consciousness. Taking wisdom-words in through our ears or eyes, then letting them find a home in our hearts, is a wonderful way of practicing embodying love. I invite you to memorize a short passage from one of this week’s mystics, perhaps Hafiz’s poem, rendered below by Ladinsky:

What is this precious love and laughter
Budding in our hearts?
It is the glorious sound
Of a soul waking up!

Source: Daniel Ladinsky, *A Year with Hafiz: Daily Contemplations*

