

# *Soul-Link, Inc.*

*"...fostering an awareness of and response to the sacred in nature, human nature and events of everyday life."*

Volume 1 Issue 8  
Winter 2002



## **Soul-Link Council**

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*Plan to Attend the Winter Retreat - Jan. 18, 2003*

## ***Looking Within, Reaching Out: Living the Creative Tension of the Spiritual Life***

The spiritual path is a two-way street. To walk it well we must attend to ourselves and respond to others; doing both brings us to the dynamic destination of holiness and wholeness.

Join us for the Winter Retreat on January 18, 2003 at the Center for Creative Leadership. Registration and check-in is at 9:00 a.m. and the retreat is scheduled from 9:30 a.m. to 2:30 p.m. The fee for registrations received by Jan. 13 is \$15.00. Registration fee on the day of the retreat will be \$20.00. Both amounts include lunch. To register, call 473-5852 and leave a message with name of registrant(s) and phone number or return the registration form you will find on the last page of this newsletter.

## ***Soul-Link Center Will Open***

Thanks to Penrose-St. Francis Hospital, we have the opportunity to lease a house which is located about a block north of Penrose Main Hospital at 2413 Cascade Avenue. Soul-Link board members expect to begin work on the property by the middle of January. There is cleaning and painting to be done and we will be seeking volunteers who are willing to give a couple of hours of their time to help prepare the house for use. The new site will provide space for a variety of Soul-Link small group activities and meetings.



*Shown above: Soul-Link Center on Cascade Ave.*

Many thanks to Penrose-St. Francis Hospital for making the property available to Soul-Link, Inc.

**WINTER 2002**



## The Beauty of Winter Wisdom

Out of our dark nights come visions and creativity. We begin with a heartbeat of life in the dark of the womb. We all have a shadow side, a source of tremendous energy. Jesus went into the darkness of the desert to confront the wilderness. The Native Americans went into the dark on their vision quests. When we seek the wisdom of the long winter's night, we plumb the depths. Rainer Maria Rilke writes:

You darkness, that I come from,  
I love you more than all the fires that fence in  
the world,  
For the fire makes a circle of light for every-  
one, and then no one outside learns of you.

But the darkness pulls in everything: shapes  
and fires, animals and myself,  
How easily it gathers them!  
--powers and people--

And it is possible a great energy is moving near  
me. I have faith in nights.

*(Selected Poems)*

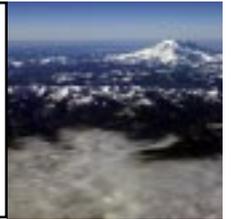
The cold and dark of winter sometimes symbolizes sickness or loss. We all experience this shadowy path. Hope gives us our passage through such winter gloom. When we reflect on our difficult passages through the deep snowfields, we

*"We all have a shadow side, a source of tremendous energy."*

discover that the crises and the roadblocks had within them the possibilities for new trails. This is the beauty of winter wisdom: we have to live into the winter before we realize spring has come before, and will come again.

-- Excerpt from *Seasons of the Earth and Heart*, William Fitzgerald

### Upcoming Soul-Link Activities 2003



January 4	Soul-Link Council & Board Planning Session
January 13	Potluck & Discussion at Holy Trinity Parish Meeting House, 6:30 p.m. to 8:00 p.m.. No RSVP is necessary
January 15	Work begins on "new" Soul-Link Center
January 25	"Befriending the Films" Movie Night 7-10 P.M. at 3355 Queen Anne Way RSVP to Lori at 574-9578 or Marty at 550-3199 Video/Movie Title TBA
February 10 and March 10	Potluck & Discussion at Holy Trinity Parish Meeting House, 6:30 p.m. to 8:00 p.m.. No RSVP is necessary

We encourage you to include Soul-Link, Inc. in your 2002 year-end charitable contributions. All donations are tax-deductible. All contributions should be sent to:  
**Soul-Link, Inc., P. O. Box 7790, Colorado Springs, CO 80933-7790**

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# Know Your True Self

Awakening to your own original face — “enlightenment” — does not mean being able to explain yourself or knowing the source of yourself. Enlightenment is liberation from the dross of learning and experience that, without one’s being aware of it, has accumulated and settled like so much sediment, or like cholesterol into one’s arteries. It is the vivid, lively manifestation of the heart with which one is born — the heart that is no-form, no-mind, nonabiding, attached neither to form nor to thought, but in dynamic motion. Consequently, enlightenment is not an end point, but rather a starting point . . .

The power in which you can come to believe in yourself is not gained through training. It is the great power that transcends the self, that gives life to the self. The purpose of Zen practice is to awaken to the original power of which you have lost sight, not to gain some sort of new power. When you have sought and sought and finally exhausted all seeking, you become aware of that which you have been, from the beginning — before ever beginning to search — abundantly blessed. After you have ceaselessly knocked and knocked, you realize that the door was standing wide open even before you ever started pounding away. That is what practice is all about.

--Soko Morinaga Roshi in “*Novice to Master: An Ongoing Lesson in the Extent of My Own Stupidity*”

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## Paying Attention to the World Around Us

I believe attention, both self-focused and outward, is a skill and we develop it in the same way we learn to play the piano. If we practice consistently with the left hand we become good at playing with our left hand. If we practice with the right, we become good at playing with the right. A good pianist plays well with both hands. But I have much more dexterity with my right hand

You may now contact Soul-Link leadership using e-mail on our web site and you may print current and past issues of our newsletter from:

[www.soulinkonline.org](http://www.soulinkonline.org)



### A Word About Enlightenment

“Is there really nothing we can do to achieve Enlightenment?”

“Well,” said the Master good-humouredly, “you could imitate the old woman who pressed against the wall of the carriage to speed the train along.” --Anthony De Mello (*More One Minute Nonsense*)

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*Paying Attention cont'd*

than my left. And I am sorry to report that I have much more dexterity attending to my self than to the world around me. I naturally daydream, plan, worry or do almost anything other than pay attention to what is going on around me at any given moment.

Nearly all of my students echo this this self-diagnosis. We are not out of touch with our inner world — that world of feelings; of preferences, of desires and discomfort. It is a world we know too well. It is a prison that blinds us to a universe of sunsets, spider webs, and stars. A universe that is vibrant and breathing with life. The universe wants us to dance, but we are too self-absorbed to hear the invitation.

But not all the time. Every once in a while the beauty of the world around us is so stunning, so captivating that we can no longer ignore it and we forget ourselves and dissolve into something greater. And it is not only beauty which attracts us, it is also need. The needs of a loved one for help, the needs of a community, even a planet. We find our calling, our bliss, our purposes, by giving up on ourselves. Our surrender becomes our salvation. Our disappearance provides relief, even for a few moments. But once you have tasted those moments you have discovered something about attention. And now you can travel through the world and seek out what isn’t so obvious. The shadows of birches late in the afternoon. A weed growing in the fissure of a large boulder. The texture of a rose petal against your cheek. You are on your way to becoming a poet. This “waking up” to the world around us is also the foundation of great religious traditions which emphasize service and humility rather than personal success and pride. How do we go beyond ourselves? How do we replace self-pity with compassion for others? What is faith if not a shift of attention? The next time you find yourself self-absorbed, take a walk. Look around you. The world is an interesting place.

--An Excerpt from *Naikan*, written by Greg Krech who is also the director of an education and retreat center near Middlebury, Vermont.

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**TO:**



Winter Retreat Registration -- **LOOKING WITHIN, REACHING OUT: Living the Creative Tension of the Spiritual Life** - Saturday, January 18, 2003 at the Center for Creative Leadership  
Check-in at 9:00 a.m. Retreat from 9:30 a.m. - 2:30 p.m. -- Lunch included

*(Clip and return with your check made payable to: Soul-Link, Inc.)*

**Mail to:** Soul-Link, Inc. P.O. Box 7790, Colorado Springs, CO 80933-7790

Registrations received by Jan. 13: \$15.00 incl. lunch

Registrations on day of retreat: \$20.00 incl. lunch

No. of persons attending \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Please list any special dietary needs \_\_\_\_\_