



StillPoint Retreats

Bi-Weekly Symposium

Tales from The Mystical Monastery¹ The Wisdom of “Practicing the Presence”

“My Presence permeates time and space

| dwell in the hearts of all beings

| dwell as the form of all beings

| dwell as the circumstances of all beings

And thus, remain witness to all acts of the beings

The world of beings moves in Me and I move in them.”

JT: Father, I am overwhelmed with all the ceremonies, prayers and practices we have to do every day. Is there a common thread or shortcut?

FF: Yes.

¹ “Tales” is a series of writing that we included in the Silence Speaks Course. It is my memory of conversations I had with my spiritual director Father Fergus. Each one that I had written down had a profound lesson for me that I am sharing with you.

JT: I should be more precise. What is the common thread or shortcut? (Fergus was always teaching in every interaction. He demanded that we be clear in our thinking and very precise with the meaning and use of words!)

FF: Do you recall what you have been taught about the mind from the works of the mystics?

JT: Yes, the mind is like water. Water has no form. It takes the form of the container that you pour it into.

FF: That's right. **Our thoughts hold our life essence.** What we dwell upon, we take the shape of.

JT: I got it! Simply, keep your mind on God!

FF: Who?

JT: God.

FF: So, when you think of God what comes to mind? An old man with a beard behind the clouds? What is your thought of God?

JT: Silence?

FF: OK. Put your mind on Silence. What exactly do you put it on? What is the thought form? What is the container? Describe it!

JT: I really can't put it on anything like Silence, or omniscience, or omnipotence. But I can get my head around omnipresence.

FF: Exactly! Tell me more.

JT: If God is omnipresent. That means He is all present. Then He is the Presence, the essence of all things that exist. Like the analogy of the Ocean being the basis of the wave.

FF: Then how do you keep your mind on God?

JT: You see all things as Him? Is it that simple?

FF: Of course. It is all simple.

JT: Then, do you mean that even everything that happens, and all circumstances are Him?

FF: Sounds like you are starting to understand what Practicing the Presence really means.

JT: My God!

FF: No! You can still call me Father Fergus! (ha ha!)

JT: I think I get it. God is, of course, all that is, and contemplating that thought or truth is a container that holds the “thought of God.” Am I right? So, thinking about God is actually acknowledging that all of this is Him. There is only Him and, as you say, there is only One!

FF: Son, if you see everything as God, you draw that consciousness and you, over time, dissolve into Jesus’ truth that we are, indeed, Sons of God in essence, and sons of God (forms of God) in creation.

And that’s why we have so many ceremonies, prayers and practices here – to take our attention off of ourselves and put it on Him - in relationship and in understanding. I mean, as much as we know He is the Ocean, we remind ourselves that He has also become the waves – you and me – everything. All of our practices have this one and only goal in common.

If you become what you put your mind on, and your mind is always on God, then, as it is said by you so often to us mathematically disinclined: “you do the math!”

JT: So, what happens when we merge with the Ocean? Is that loving God first?

FF: Yes.

JT: Then what?

FF: Elaborate!

JT: Do we “lose” our self?

FF: No. We lose our sense of separation, but we gain something.

JT: What exactly do we gain?

FF: EVERYTHING. But that’s really not true because we never lost anything. We just forgot.

JT: What? We don’t gain. We just remember?

FF: Do the math...!

August 15, 2020

An excellent reference and a must read for all those studying mystical spirituality is:



[The Sacrament of the Present Moment by Jean – Peirre De Caussade](#)

For more information about this book and where to purchase it please visit the StillPoint Retreats website Library by clicking the link above.