

Pastoral Reflections Institute presents:

THE EYE OF THE HEART

Fort Worth Botanic Garden

October 14, 2023

What follows are three original offerings from Will Richey shared at the beginning, middle and end of the Fall Reflection as a complement to the Wisdom, Wonder and Insights of Msgr. Don's teaching.

If Like attracts Light

Will Richey



*If Like attracts Like
And the Light comes'a calling
Am I willing to step out of Plato's Cave
Where I've kept campfire for the flock?*

*Am I willing to pause spelunking into the depths of the darkness
In order to lace up my boots and climb mountains in the open air
Towards the peaks of where sunshine touches solid earth first?*

Am I willing to be willing?

*Willing to bask in the sun without retreat?
Willing to meet Michelangelo at the tip of God's finger and Adam's?
o peer through the clouds, bless crowds and part the Red Sea?*

*Divine Light, Eternal.
Forever calling me. Softly.*

*For the time is now.
And the now is never too late.*

*To walk out into the open. Arms wide.
Obedient to the Most High's beckoning call.*

*For if like truly attracts like
I have been Light all along.*

Meditation

Begin to quiet with a deep inhale / and calmly exhale completely (3x's)

Then one is invited to silently recite each line in sync with the breath

First and third lines on the inhale / second and fourth on the exhale

Set a timer if you'd like and repeat to your liking. 3mins, 10mins, 20mins, etc.

And be easy on yourself / no experience necessary / just an open heart



*The Wind gives us Breath
Breath gives us Life
Life is in Christ
Christ is The Wind*

*The Wind gives us Faith
Faith gives us Hope
Hope is in Love
Love is in Christ*

*Christ gives us Grace
Grace gives us Mercy
Mercy is Forgiveness
Forgiveness is The Wind*

Teach Me

Originally written by Will Richey and Aleajndro Perez, Jr.,
and published by The Dallas Love Project

Intro: As we seek to learn, we seek the appropriate Teachers. For Teachers are like Universal Treasures. This is a Tribute to both those who already know they are Treasures, and those of us who are well on our way to discovering so as well.



*Teach me how to see when I'm seeing
Teach me how to hear when I'm hearing
Teach me how to feel when I'm feeling
Teach me how to Love (2x)*

*Teacher, I asked you to enter, to touch and heal me
Cloak me with your mercy, eradicate life-long pain
You obliged, held me warmly, allowed me to weep
Did not offer advice or console me, just listened...*

Protected me during sleep

*And I began having visions, you had been manifesting
Learned to release my fears, guilt and anger
Awakened to courageously creating*

*From meditation recitation to reclamation of Intuition
Embodying both the spoken and unspoken, echoes of the ancients
For the language of the world is found in the universal heartbeat of silence*

*And in order to see the world, I had to see me
And in order to change the world, I had to change me
And in changing me, I merely offered one droplet of Agape*

And all I invite you to do is the same

*With Gratitude, I give thanks
With Gratitude... I give thanks*

*I am seated in Love, I am breathing in Love
I am rising in Love, I am standing in Love (2x)*

*Teach me how to see when I'm seeing
Teach me how to hear when I'm hearing
Teach me how to feel when I'm feeling
Teach me how to Love (2x)*