

**Christians
Awakening
to new
Awareness
(CANA)**

CANA is a network of people exploring the emergence of humanity's next evolutionary step for which Jesus has paved the way. This requires us to risk living co-creatively through attunement to the ONE.

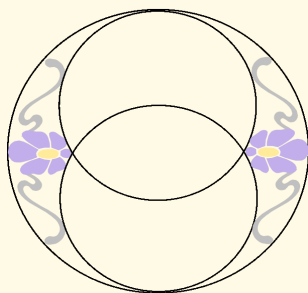
CANA offers people nurture and companionship in their process of awakening and the opportunity to find a commonality with others on a similar continuing journey.

Our collective journey has no set goal. The reality of our unity may be seen to develop. But the essential nature of our journey is one of continuing exploration.

Everyone's contribution is a valued part of the whole and none is dispensable. As we leave behind the language and interpretations of the past, we are challenged to find new expressions of the emerging vision.

CANA recognizes that we are all one through that of God within us from whatever background we come.

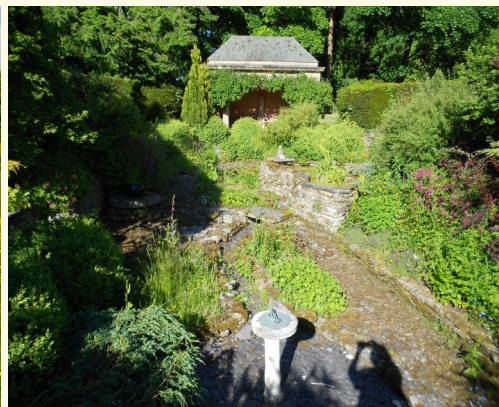
CANA is a group where risk becomes safe through trust and where exploration is key.



CHRISTIANS AWAKENING

SUMMER NEWSLETTER 2015

Volume 4 Issue 2



The Grange, Ellesmere, Shropshire (15 miles from Shrewsbury).

A beautiful Retreat & Conference Centre, known to some CANA members over many years when Sheila Ward and husband ran it. Now their daughter and family offer the retreat/conference space as a home-from-home time away. It has 10 acres of grounds, 5 of which are wild meadow. www.thegrange.uk.com

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Editorial

'Humanity is awakening to who we truly are, at once finite and infinite, matter and spirit, human and divine. Yet as the veils are slowly lifted from our eyes the chasm also widens between those who are waking up and those of us who choose to sleep. The symptoms of that sleep are horrifying as consumerism, waste and war create carnage in human society and our natural eco-systems. We are fast approaching the crossroads of our destiny. Many believe that this decade is our crucial turning point time before we hit systematic breakdown.' . . .

Andrew Harvey

It was with this awareness in mind that a small group from within CANA met for a weekend retreat in May. We explored together our own awakening journeys, the path that Jesus showed us of transformational love and how he possibly initiated the 'New Story' for this age that is awakening within us now. We shared the tools we needed to live into the new story and we felt into the higher group soul field that we were creating at an invisible, noetic level. We considered the next steps that are now being asked of CANA following on from the 'Into Christ Consciousness' event that we had co-created with the Findhorn Foundation around Easter 2000. I think all of us experienced another step onward/upward and several streams -of-consciousness on the next steps ahead are now flowing.

Having also watched the DVD 'Home' we felt into Gaia and the devastation we, humanity, have done and are still doing to our beautiful planetary home. Since then the Pope's Encyclical is also highlighting this and the greed that is causing it every day. This is a key area of prayerful concern. There is a group coming together to consider what sort of 'wisdom course' CANA might offer others which combines the inner path of mysticism with the outer path of sacred activism and offers deeper understanding. There is a small group planning one or two retreats in 2016 and hope you might join one of those and swell the core of love, light and aligned intention that is growing. We also decided to make a special effort to meditate together, in our own homes, on the days of the full moon; this

year these are on July 2nd, July 31st, August 29th, Sept 28th, October 27th, November 25th, December 25th. In our pagan roots and currently in esoteric teachings the time of the full moon is a time when the potential for connection with the invisible worlds is most powerfully available to us.

Should you feel drawn to any of these streams of co-creation with others within CANA do please contact myself in the first instance and I will pass your message on to whoever is focussing the stream to which you feel drawn. And open to all of us, as Andrew Harvey challenges, is the call to wake up and walk a new path of sacred consciousness, 'to divinize ourselves' and create a new world within the old in a wholly new way. This is a path based on one-ness and an ability to see ourselves and all life as a 'sacred family'. It is a path of blessing, of wholeness and sacred embodiment.

As early as 1947 it was predicted by one whom some call 'the Tibetan' that the tension in the world today is such that it will produce either another and possibly ultimate world crisis or else a rapid speeding up of the spiritual life of the planet into the higher levels of the 'new story' that Jesus demonstrated. Our choice is simple : to ignore, shut our eyes and plunge over the cliff like the Gadarene Swine or wake up and put our hand firmly on whatever 'plough' it is asked of us to push— without any 'looking back'! As Ian Skelly , co-author of 'Harmony' with the Prince of Wales, points out: '*Ours is not the generation to enjoy the fruits of such a shift. It is our task to make the turning possible*'.

Janice Dolley –

janice.dolley@btinternet.com

"If humankind could have known
God without the world, God would
never have created the world"

Meister Eckhart

EXCERPTS from a talk by Don MacGregor at Llangasty

The New Story-Emerging Christianity

Christian Shift

The New Story is about a global shift going on, an evolutionary impulse taking place. I believe evolution of the consciousness of humanity is happening in many areas, and a spiritual awakening is occurring. We are Christians Awakening to New Awareness. It's about the interconnectedness that is moving us towards a universal path of spiritual wisdom, the birth of the universal human. I'd like to briefly share with you some of the changes that I see happening, some of the things in my awareness as a Christian priest.

It's all about love! We know that, but there have been many other influences in Christianity that have led to condemnatory attitudes, exclusivism and lack of compassion. It's about transformative love that changes the way we view the world.

A rethinking of the concept of God, moving from the understanding of God as an interventionist deity, one who occasionally sticks a finger down in to the world and stirs it around a bit, if we pray hard enough, to an understanding that God is the compassionate consciousness that is the ground of being, in which we all exist and from which we all emanate. We are a part of it, and as we are able to put down our own selfish egoic nature, so we enter into an awareness of the divine consciousness that, from a quantum physics perspective, holds us in being. We become god-conscious.

Biggest change is the way we see Jesus – Jesus is beginning to be seen as a human being who fulfilled the potential that we all have to become fully at one with the divine, to attain full non-dual consciousness – and hence he was called Son of God – but that is the potential for every human being. This is an emerging view that is gaining ground.....and you have a new understanding of 'Jesus died for us all'. It was more that he lived for us all, which led to his death.....So he forged a path of compassionate consciousness, the way of love and surrender. If you consider sin as being separate from God, living in duality, 'me in here, God out there', then Jesus died for our sin, to

make us realise that it is 'me in here and out there, God in here and out there' - no duality, just seeing from oneness, a new perspective.

Jesus is **Jesus the Christ**, the anointed one. Christ is not a surname! We can all be anointed, enter non-dual, unitive consciousness, and rise above our lower, egoic nature, to see the world from a compassionate oneness.

Recovery of the practice of meditation and contemplative prayer as a deeper way to this God-consciousness. How we lack silence in church! In recent years there has been a resurgence of Christian meditation and contemplative prayer. The rise of several Christian meditation organisations: WCCM & Contemplative Outreach. It is a method for entering non-dual consciousness, 'resting in God'.

Returning to the central teaching of Jesus, about the kingdom, which was really his way of describing a different way of viewing reality, living out of compassionate consciousness, or 'seeing from Oneness'. His life demonstrated that view – opening of the heart, experience, going beyond the egoic mind – and then doctrine and denomination and differences are not so important, because we are all one. *"The kingdom of heaven is not later but lighter."* (Cynthia Bourgeault)

The re-emergence of the wisdom tradition, a thread running through all faiths, and includes the divine feminine. This has come out of the esoteric, Gnostic, hidden traditions that have been handed down over the centuries. It was all part of the original Christian path. It is about the transformation of the human being, and the opening of the heart to love. The wisdom path is about awakening into the consciousness of God. The Gospel of Thomas is important in this - it contains some of the earliest written words of Jesus.

continued p.6

Llangasty Retreat – 2015

It has been the custom, over the years of CANA, from time to time to go on retreat. Some members will remember our last retreat in 2009 when we went to Iona. A year ago we discussed arranging another retreat and this time to be held in Llangasty in Breconshire, Wales. Readers of this newsletter may wonder why they did not hear about it. In fact, no sooner had the suggestion been made than most of the places were taken. We did put an advertisement in the newsletter asking if anyone would like a retreat and just one member replied, thus filling our last place.

The strength of the pull to be there, felt by most of the participants at Llangasty Retreat Centre, was palpable. Many of us had known each other over the full life of CANA and some beyond but even those few who were attending for the first time were felt to have been known. There was a deep sense of purpose. I described my feeling that many groups of people had incarnated at this time in order to assist the planet through this difficult time of transformation and we were one such group.

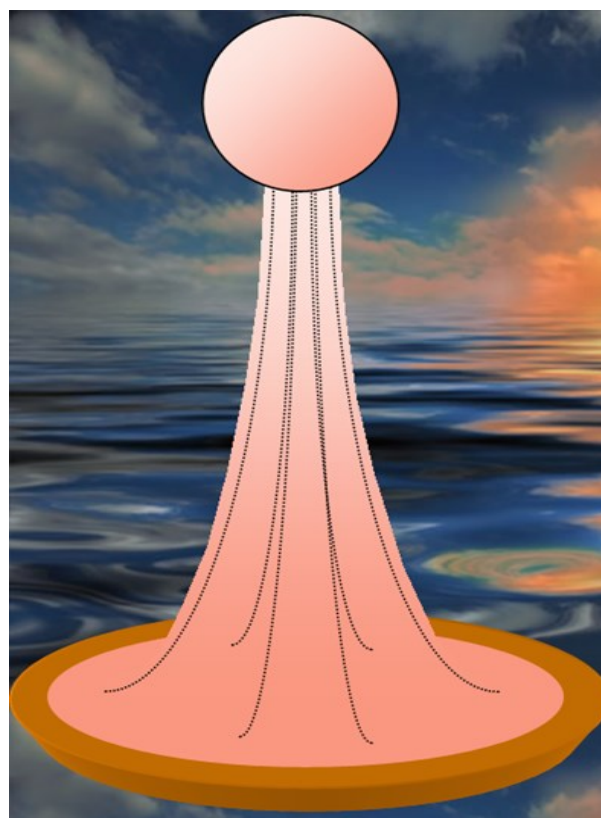
The long May Bank Holiday weekend gave plenty of time for silence and meditation interspersed with morning awakening in the practice of Qi Gong and talks given by one or other of the participants. Titles were *The New Story*, *Toolkits for Grounding the New*, *Expressions of the Christ*, and *Views of Reality: an Ancient tradition with Fresh Relevance*. On the Saturday evening we watched a DVD entitled *Home* (see p.7 for website details) which portrayed the serious plight of planet earth at this time. For me this film focussed the importance of concentrating on the 'yin and yang', the dark and the light as raised in our two Sunday talks *Wisdom Tradition and Centering Prayer* and *Facing and Embracing the Dark*.

During the summing up on Monday it became evident that many of us felt the need to send healing light out into the troubled parts of our beautiful planet earth. One vision shared during our final meditation was that our individual rays mixed and melded round the central display, then, our collective beam rose in a great column

out through the centre of the beautiful Llangasty chapel and spread around the globe. This for me was a completion of our purpose there. Some of us had become aware of the strong receptacle we had formed, not only of those who were there but others known and unknown. The alchemical love/wisdom that had flowed between us had filled this receptacle ready to pour over and add its power to those millions of other world servers intent on reversing the possible destruction of this planet.

At the Core Group meeting which followed the retreat we discussed the possibility of finding time that again we might all mingle our intent in meditation. We did not want to become too directive in this, knowing how busy each one is and how many commitments we already have. However, we decided that we might attempt to tune in to one another at some time during each full moon.

Celia Storey – May 2015



**"A definition of mysticism:
mysticism is living the ordinary
through transfigured perception"**

Maggie Ross

Silence: A User's Guide (p.105)

"The devout Christian of the future
will either be a 'mystic' or will
cease to be anything at all"

Karl Rahner

THOUGHTS ABOUT THE LLANGASTY RETREAT

Arriving home after the CANA retreat at Llangasty felt like coming down from the mountaintop. The retreat had offered nurture and solace to body, mind, soul and spirit, as well as the opportunity to spend time with CANA members who have become 'Companions on the Way' over the last fifteen years, and it was difficult to reconcile oneself to ordinary life.

Spending time in a beautiful place away from normal preoccupations always opens up new vistas for me in the spiritual journey, especially as my first numinous experience, aged seven, involved an encounter with an awe-inspiring tree in a clearing in a wood. Gillian's talk about *Ceile De*, an organisation which reconnects with the Celtic Christian understanding about the spirituality of landscape, made sense of this for me.

I went to the retreat without expectations, except of spending time with people I loved and respected, and came back changed. Life has taken on a new vibrancy and purpose and I can only attribute this to the powerful sessions of group meditation. The poem by Rabindranath Tagore which was given to me on the final afternoon expresses this perfectly:

*I thought that my voyage had come to its end at the
last limit of my powers
That the path before me was closed, provisions
exhausted
And the time come to take shelter in silent
obscurity;
But I find that thy will knows no end in me.
And when old words die out on the tongue
New melodies break forth from the heart;
And where the old tracks are lost
New country is revealed with its wonders.*

Judy Hanmer

"SECOND AXIAL AGE"

The Rev Matthew Wright is an Episcopal priest working to renew the Christian Wisdom tradition within a wider interspiritual framework. Alongside his practice of Christianity, he draws deeply from the sacred worlds of Islamic Sufism and Vedanta. Matthew serves as priest-in-charge at St Gregory's Episcopal Church in Woodstock, New York, and lives with his wife Yanick alongside the brothers of Holy Cross Monastery.

Many thinkers today believe we are entering a "Second Axial Age" - a great shift in consciousness and spirituality equal to that which produced the headwaters of our great religious traditions between roughly 800-200 BCE. This shift is related closely to the process of globalization, and our emerging sense of oneness—we are one human family, one planetary body, one intricately interwoven tapestry of life.

While the First Axial Age opened for us the possibility of the transcendent and a personal quest for enlightenment or salvation, it also tended to break our earlier, primal sense of collective identity (rooted in tribe) and our deep, felt connection to Earth. In this next shift, we are picking that earlier sensibility back up, not at the tribal, but at the global level. In the process, our religions are being transformed.

....Profound interspiritual permeability will characterize the next phase of religious understanding. Each tradition will have a vital body of practice to continue in the service of the human body. What will this look like for individual traditions? How do independent religious bodies begin to interrelate and evolve? Exploring Christianity as an example, we will work with key thinkers such as Teilhard de Chardin, Bede Griffiths and Raimon Panikkar.

See more at <http://www.scienceandnonduality.com/second-axial-bodies-rev-matthew-wright/#sthash.Kyybniut8.dpuf>

A question to Don MacGregor and his response

There is a question I have on which I would welcome your comments. It is about “us being the same as Jesus”. Yes, I see it is our potential to become Sons and Daughters of God, and that Jesus showed us how to do this by the way He lived – “full, non-dual consciousness”. The problem I, personally, have with this is that I honestly don’t see myself (or very many others if I’m honest) have anything like reached that state yet! Are we *really* like Jesus? Do we trust as much as He did? Do we perform miracles in the way He did? Are we willing to go the lengths He went to – even to consciously offering Himself for death in order to demonstrate resurrection – in the same way? It would seem Jesus was egoic-free in that he consistently put God (his Father) *before* his own ego – do we? I *know* we all do our best to be Christ-like - but I just feel there is a long way to go. Am I way off course in your view?

From Don: Yes, the Jesus question, do we really have the potential to be like him? I would make two points on this:

1. We consider Jesus to be sinless, which he was in that he was constantly in touch with God, the divine within, not separated. But that does not mean he was without temptation, or without desires - he was human! He reacted to those temptations and desires from the compassionate consciousness, not the egoic self-centred nature. He was the archetype for all humanity.

2. Consider some of the spiritual greats - Gandhi, Mother Teresa, etc. Were they fully operating from that compassionate consciousness all the time? Probably not, but they were getting close. And that is the path before all of us, to grow in compassion and leave ego behind. Jesus (and maybe others we don't know of) have forged that path, and the way is open for us all. This may involve more than one life, as it is a soul journey, and so brings in the knotty question of reincarnation, which I think was seriously considered in early Christianity, before the Roman institution clamped down.

So the path before us becomes a very long one, involving many different lives and personalities, but with a constant soul presence which gradually grows in strength and awareness in each incarnation, until the full human potential is reached, and we no longer need to reincarnate but go on to higher levels. That's sort of the way I see it!

Would you like to comment too? Please write, e-mail or ring the Editor if you would.

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*Continued from p.3*

### **Awakening and Meditation**

The way I see it, Jesus went ahead of us and blazed a path, achieving the full potential of the human being for all humanity. He created a new path, the way of love and compassion, but it was a costly process. He had to suffer by going through the nettles, thistles and thorns. But once cleared, the path is open for us all to walk on, if we can find that timeless, narrow way, the way to unitive or non-dual consciousness. This is the awakening process - and I believe the key practice in this is meditation.

It is in the stillness and solitude that we can truly get in touch with the Ultimate Reality, the One who is the ground of our being. Through stilling our minds, we begin to put the mind in the heart, the deeper place of intuitive wisdom, of communication with the divine.

.....Once our centre is located in the consciousness of God, we can flourish, we can be inspired, we can emerge, as St John of the Cross says, into “the silent music and the sounding solitude” and know who we truly are, our True Self.....

This Wisdom path of transformation is slowly emerging in the west. True spiritual practice is teaching the way of the heart, rather than teaching doctrine and conformity, and this is slowly being rediscovered as the essence of Christianity. It is the way Jesus taught in his exhortations to love. He was a wisdom master teaching the path of transformative love.... In following the way of the heart, we discover the Spirit-consciousness within, and also a connection with other spiritual traditions.

**Don MacGregor**

## BOOK /DVD REVIEWS

The DVD watched at Llangasty—details for those who might be interested—it is called HOME:-

Part 1 - <https://malate.wordpress.com/2009/12/15/home-by-yann-arthus-bertrand-text-version-part-i/>

Part 2 - <https://malate.wordpress.com/2009/12/15/home-text-version-part-ii/>

Part 3 - <https://malate.wordpress.com/2009/12/16/home-text-version-last-part/>

The DVD itself is also on Youtube - <https://www.youtube.com/watch?v=jqxENMKaeCU>

### **Facing the Future** by David Spangler, 2010

Published Lorian Press ISBN-10:o-936878-32-o

I have just finished reading '*Facing the Future*' by David Spangler and want to recommend it as a book that I found helpful, particularly in light of a response to the DVD 'Home'. He critiques and avoids the apocalyptic or utopian view of the future. He sees the future as fluid, and instils realism, choice and hope. This is a quote that is on the back cover:

*'When you pick the future you want to believe in, support, work towards, and give your energy to, do all you feel is necessary to manifest it. But at the same time, open your heart and mind to some other alternatives, too. Not as a backup, not as a way of hedging your bets, and not because you feel unable to commit to any direction, but because one image is not sufficient to grasp the deeper essence of what is trying to unfold within humanity. One image is not a big enough tent to hold all the diverse creative imaginations, efforts, and styles that make up humanity. One image is not enough to let me attune to that deeper place where humanity itself as a collective presence struggles to be whole and to express its will within the ecology of time.'*

**Jane Upchurch**

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Radio 4 *Thought for the Day*

"You don't fall out of the arms of God—
you fall into them"

Rev Lucy Winkett, St James' Piccadilly

Open the Door: A Journey to the True Self, 2008 by Joyce Rupp

Sorin Books, Notre Dame, Indiana

ISBN-13: 978-1-933495-14-9

For people like me who are trying to come to terms with the fact that what most churches are teaching is at variance with what we are thinking and experiencing Joyce Rupp's book *Open the Door* is a gift. It has been on my shelf, unopened, for several years, purchased at a retreat house purely because I had enjoyed another of her books: *Praying Our Goodbyes*. As often happens I rediscovered it just when I was feeling in dire need of a fresh approach, one that was experiential rather than theological. The book is organised as a series of exercises, one for each day, over a period of six weeks. In the introduction to each day Joyce explores a series of rich metaphors based around open and shut doors, lost keys and liminal spaces, drawing on the work of thinkers, teachers and poets from many traditions; this is followed by a meditation and a prayer, both of which emphasise the importance of placing oneself in the presence of the Holy One, Wise Guide, Opener of Hearts, Companion of our Growth, and trusting the guidance that comes through.

Judy Hanmer

Editor's note: just because it's 'old' that doesn't mean certain books can't speak to us at any time in our lives—as this one did for Judy.

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<http://www.christian-alternative.com/books/why-gospel-thomas-matters>

This was pointed out by a CANA member—we shall try to have it reviewed for the next issue.

# SPRING 2015

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Autumn/Winter  
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**by end October 2015**

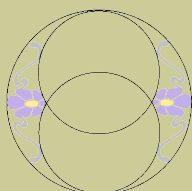
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Celia Storey  
David Storey  
Jane Upchurch



# CHRISTIANS AWAKENING Newsletter

## **DIARY DATES - 2015**

### **SWAMI YOGESHWARANANDA**

For those of you who attended the talks by Swami Yogeshwarananda on Meister Eckhart and on the Gospels a few years ago, you might be interested to know that the Swami now has a website: [www.himalayanhermit.com](http://www.himalayanhermit.com) and is on facebook: [www.facebook.com/pages/Swami-Yogeshwarananda-Giri](https://www.facebook.com/pages/Swami-Yogeshwarananda-Giri)

**4-6 September: The Eckhart Society** ([www.eckhartsociety.org](http://www.eckhartsociety.org))—*Meister Eckhart & Divine Justice*, at Hinsley Hall Pastoral Centre, 62 Headingley Lane, Leeds LS6 2BX. Details via the Treasurer, 01628 810240 [cgg@cgglover.com](mailto:cgg@cgglover.com)

**Thursday, 10 September—6.30 to 9 pm, Meditatio Centre, Islington, London**—led by Rev Don MacGregor: *THE LIGHT FANTASTIC*, Science and Spirituality. [www.wccmmeditatio.org/content/light-fantastic](http://www.wccmmeditatio.org/content/light-fantastic)

**Saturday 19 September - Day of Creative Exploration** in Selby, N Yorks, run by Linda Pearson, coordinator of our **LivingSpirituality** Art & Spirituality Special Interest Group. For more information, please go to [www.livingspirit.org.uk/september-art-event](http://www.livingspirit.org.uk/september-art-event).

**Sunday 27 September** at 1.45pm - talk and discussion with liberation theologian **Professor Lisa Isherwood - Wanderings in the Cosmic Garden**. This is a joint event for **LivingSpirituality** and St James's Piccadilly, and is part of a series leading up to the Paris climate change summit.

**5 – 9 October Poetry, prayer and silence led by Sue Glanville** Does poetry make your heart sing? Do you feel drawn more and more towards silence? Do you long to pray and meditate more creatively? If the answers to these questions are 'Yes', then this course is for you. For more information or to book a place go to <http://ammerdown.org/Poetry-Prayer-and-Silence-2015>, email [centre@ammerdown.org](mailto:centre@ammerdown.org) or ring 01761 433709.

**17 October Quiet Day:- Journey of the Heart - Pathways and Blessings with Libby Dobson and Sarah Chabowska** Ammerdown Guided Quiet Days offer an opportunity to take time out from our busy lives to pray, reflect and meditate in the Christian tradition with the help of **Libby Dobson** and **Sarah Chabowska**. They invite you to travel with God on a journey of discovery. The theme for this year will be 'Journey of the Heart - Pathways and Blessings'. For more information or to book a place go to <http://ammerdown.org/Guided-Quiet-Day-2015>, email [centre@ammerdown.org](mailto:centre@ammerdown.org) or ring 01761 433709.