

Emmaus Online Video Prayer And Meditation Library



Reflections With Ron Rolheiser OMI

Thematic Index

Episode	Focus and Theme Questions
1. Restlessness and Spirituality	<p>➤ What comes spontaneously to mind when you hear the word “spirituality”?</p> <p>“Spirituality is more about whether or not we can sleep at night than about whether or not we go to church. It is about being integrated or falling apart, about being within community or being lonely, about being in harmony with Mother Earth or being alienated from her...” <i>(Ron Rolheiser)</i></p>

<p>2. Spiritual Unrest</p>	<p>➤ St. Augustine once famously said: “Our hearts are restless until they rest in God”. Is this your experience? When is your heart at rest?</p> <p>“There is within us a fundamental dis-ease, an unquenchable fire that renders us incapable, in this life, of ever coming to full peace. This desire lies at the centre of our lives, in the marrow of our bones, and in the deep recesses of the soul...” <i>(Ron Rolheiser)</i></p>
<p>3. The Centre of Our Souls</p>	<p>➤ How do you conceive your “deepest centre”, the centre of your soul?</p> <p>“Within each of us, at that place where all that is most precious within us takes its root, we have a dark memory of having once been touched, caressed, loved, and valued in a way that is beyond anything we have ever consciously experienced. In fact, all the goodness, love, value, and tenderness we experience in life fall short precisely because we already know something deeper...” <i>(Ron Rolheiser)</i></p>
<p>4. Restlessness and Solitude</p>	<p>➤ What’s the difference between living in restlessness and living in solitude?</p> <p>“Within ourselves we can experience a real difference between restlessness and solitude. What is that difference? It is the difference between living in freedom rather than compulsion; restfulness rather than restlessness; patience rather than impatience; inwardness rather than frenzied outwardness...” <i>(Ron Rolheiser)</i></p>
<p>5. The Canyons of Our Minds and Hearts</p>	<p>➤ Why are there dark corners in our minds and hearts? Why are we afraid to go there?</p> <p>“The canyons of our minds and hearts are so deep and so full of mystery that we try at all costs to avoid entering them deeply. We avoid journeying inward because we are too frightened: frightened because we must make that journey alone; frightened because we know it will involve solitude and perseverance; and frightened because we are entering the unknown. ...” <i>(Ron Rolheiser)</i></p>

<p>6. Alienation, Vulnerability, Trust</p>	<ul style="list-style-type: none"> ➤ What ultimately alienates us from each other? What, in the end, causes misunderstanding? <p>“Alienation results because human beings speak the same language only when they appear to each other as they really are, vulnerable, without impressively constructed towers. Vulnerability is that space within which human beings can truly meet each other and speak the same language... <i>(Ron Rolheiser)</i></p>
<p>7. Godly Energy</p>	<ul style="list-style-type: none"> ➤ How do you understand the deep hungers, desires, and lusts within yourself? <p>“For our culture, the word “Eros” tends to mean “sex”, but for the great Greek philosophers it referred the energy that underlies everything in creation, from atoms joining with each other to become particles to human beings making love. Moreover, they saw this energy as ultimately being the energy of God. All life is fired by longing. The simplest of plants and the highest of human love have this in common — yearning, restlessness, a certain insatiable pressure to eat, to grow, to breed, to push beyond self...” <i>(Ron Rolheiser)</i></p>
<p>8. Incarnation Changes Everything</p>	<ul style="list-style-type: none"> ➤ Do you still live with your childhood fears of God and with the false, neurotic, fears that you have inhaled through the way God and religion have sometimes been presented to you? <p>"Part of the difficulty in believing in the incarnation is precisely the fact that it is too good to be true: God is not hidden and hard to contact; forgiveness, grace, and salvation are not the prerogative of the lucky and the few; we don't have to save ourselves; we don't have to get our lives perfectly in order to be saved; we don't have to make amends for our sins; human flesh and this world are not obstacles, but part of the vehicle to heaven..." <i>(Ron Rolheiser)</i></p>

9. God's Face	<ul style="list-style-type: none">➤ Do you ever wonder what God looks like?➤ Do you ever wonder what is inside of God? <p>"If Christ is the pattern according to which the universe itself is unfolding, then what's good and what's inside of God is also somehow manifest in the raw energy, colour, and beauty of the physical, be that the beauty of sunset or a symphony, which we can more easily acknowledge as religious, or be it the more morally ambivalent, but undeniable, beauty that is manifest in the body of a movie star, the voice of a pop singer..." <i>(Ron Rolheiser)</i></p>
10. Gratitude: Balm for the Restless Heart	<ul style="list-style-type: none">➤ Is gratitude the real solution to our longing and restlessness? <p>"The first exercise we must do to restore our contemplative faculty to its full powers is to work at receiving everything — life, health, others around us, love, friendship, food, drink, sexuality, beauty — as gift. Becoming a more grateful person is the first, and the most important step, that there is in overcoming the practical atheism that besets our everyday lives..." <i>(Ron Rolheiser)</i></p>

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