

## **A Common Rule For Monastics**

### **Chapter 6**

#### **The Good News**

##### **Paragraph 5**

**To follow Jesus means we need to be empty of ourselves, ready to receive what he has to offer.**

*I start school tomorrow, in order to do so successfully I need to empty myself of all my expectations, hopes and fears based upon past experiences with going to school; in order to receive what this experience has in store for me. I have to let go of the good experiences as well as the bad. If I were to go into this school experience expecting it to be just like all the others, I might as well quit right now, because I am not going to get anything out of this experience; If I go into it fighting and resisting it being anything like my other grad school experiences, I am also doomed to fail to get what I need out of this experience, either way I have missed the point, and will not be receptive to what AGS has to offer me.*

*The same is true when it comes to following Jesus, each day I choose to follow him I need to let go of my expectations of where he is going to lead me that day, in fact if I enter the day expecting anything from him, I will not be able to receive, I must start each day as an empty vessel, if I am full of yesterday's joys or disappointments or if I am full of tomorrow's hopes and desires. Jesus cannot fill me with what he has for me today. This is the importance of living in the present moment when choosing to follow him. It is only in the present moment that we can encounter Jesus and receive what it is that he has for us.*

**It means allowing the heart connections with people, and with nature, to grow.**

*Once I empty myself, and allow myself to enter into the present moment, in order to receive from the Christ. I am able to connect with others who have chosen to do the same thing . To connect True Self to True Self in the presence and spirit of God is what brings the reign of God into existence here on earth. This connection is not limited, in my understanding to people but to all of creation, God is in all that God has created therefore, to connect with God is to connect with all of creation, in knowing this I take on a responsibility to treat all of creation accordingly, respecting, protecting, honoring and loving it all.*

**It means learning to see deeply, past our own shortcomings, and past those of others, to look into the hearts of life everywhere.**

*When I am open and receptive, living from my True Self. I am interested in others, in seeing what matters to them rather than only noticing what is the matter with them. I am intrigued by seeing deeply into their lives, their pain and sorrow as well as their joy and happiness. I am not focused on what is wrong with me, or them. I am able to see the person as they are, as I am, whole in the love of Christ.*

**It means to listen to the words of others, and to listen for what has not been said, to reach people at their point of need.**

*To reach people at their point of need, this sums up my mission in life, the reason I have chosen to go back to school in the field that I have chosen. It is how I choose to live my life, and sometimes I fail at doing so. I can be okay with the times I fail to reach people at their point of need, it is at these times that I have to rely on God's grace.*

**We work to allow dignity for all, building respect and ensuring equality.**

*To do the work of allowing dignity for all, building respect and ensuring equality, I need to begin by emptying myself of all preconceived notions of what the work and what the results will look like. The work is the Lord's and the outcome is his also. I am the hands, feet and voice of the Lord that assist in getting the work done.*

Anthony-Paul