



Satisfaction and the soul

Contented?

I am like a weaned child with its mother; like a weaned child I am content. *Psalm 131:2*

Unfold your own myth, without complicated explanation, so everyone will understand the passage, We have opened you.
Rumi



Jesus and Mary unknown source

Reading material

Unfold your own myth, Rumi (excerpt) plus commentary by Roger Housden in *Ten poems to set you free*

In *Blackwater woods*, Mary Oliver poem

Definitions

The Hebrew word 'El-Shaddai', which we know as 'Most High God' has as its heart the idea of the 'God of the breast', or 'breasted God'.

Satisfied, sated, done good to, benefitted.

Our story

One feature of mid-life spirituality appears to be the sense of owning our own journey, our own story and sinking into a deeper story which carries us forward and deeper into our own souls and into an embrace with the God who indwells, who is incarnate.

We may have read and heard the Franciscan Richard Rohr talking of 'my story which is hidden within our story which in turn is hidden with **the** story.' The question of what a satisfied soul looks like may be worth considering as well as what stories or scripts, large or more personal, satisfy and nurture. Which ones gradually dissatisfy and which generate the questions that open us up.

Questions

- Where does such contentment and satisfaction fit in with the work ethic?
- How might a consideration of this text and image dialogue with achievement?
 - What is it you want from, or of, your life that you do not already have?
 - What is it you value?

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