



SIEBENQUELL

Guiding Star



A story from the book »My Grandfather's Blessings« by Rachel Naomi Remen, set me on a certain track.

Therein she describes that for her, every person has a guiding star, but very few people live by it.

She is of the opinion, that we cannot deny our spiritual nature without paying a high price.

Thus, it could be that stress is much more a question of personal integrity than of time pressure, and is caused by the distance that lies between our values and the way we live. Unfortunately, many people can only see and follow their guiding star when it has already grown very dark in their lives.

But she also points to methods to wake us up

and to sharpen and deepen our sensibility; these include prayer, meditation, recitation, fasting and rituals, fasting and rituals.

One of the author's patients described her experience of this in the following manner:

'It seems to me that I have my own guiding star - you know, like an old sailor.

Maybe we all have one. Sounds strange, doesn't it? But I feel less stressed and alone since then.

The thoughts of Rachel Naomi Remen:

Maybe each of us has an inner compass that points to our true selves.

Whether we follow it or not does not change its power.

It always points towards our integrity, shows us the way home.

For me this is a very significant story during this so different Advent.

Star moment for discoverers

Follow your star

you ask where it is to be found

it is already present

in the starry firmament, in dreams,

in old and in young it flashes

in the child it arrives

even in every woman and every man

in the here and now

in each one

is given to a heart

often covered up, not touched and accepted

hidden in deep chambers

so incomprehensibly far away

too close to be true, too beautiful,

that hardly a human dares to believe

what lies within themselves

and calls

do not leave me undiscovered

Sylvia Ditt

Koblenz, December 17th, 2020