

CITY OF LIGHTS

(excerpts from Anthony de Mello's Sadhana)

I want you to imagine you are sitting on a top of a mountain that is overlooking a vast city. It is twilight, the sun has just set and you notice the lights coming on in the great city...watch them coming on until the whole city seems a lake of lights...You are sitting here all alone, gazing at this beautiful spectacle...What are you feeling?

After a while you hear footsteps behind you and you know they are the footsteps of a holy man who lives in those parts. He comes up to you and stands by your side. He looks at you gently and says just once sentence to you: **"If you go down to the city tonight you will find God."** Having said this he turns around and walks away. No explanations. No time for questions...

You have a conviction that this man knows what he is talking about. What do you feel now? Do you feel like acting on his statement and going into the city? Or would you rather stay where you are?

Whatever your inclination, I want you now to go down to the city in search of God...what do you feel as you go down?...

You have now come to the outskirts of the city and you have decided where to go search for God and find him...Where do you decide to go? Please follow the dictates of your heart in choosing the place you go to. Don't be guided of what you think you "ought" to do or go to where you think you "ought" to go. Just go where your heart tells you to go...

What happens to you when arrive at this place?

What do you find there?

What do you do there?

What happens to you?

Do you find God? In what way?

Or are you disappointed? What do you do then?

Do you choose to go somewhere else? Where?

Or do you just stay where are you?

[pause + journal after practicing]