



Chant / Listening / Harmony

– *brother Elias*

DURING THE EASTER SEASON WE BROTHERS SING THIS SIMPLE MANTRA/CHANT DURING OUR 6:00 AM Morning Vigil Prayer: “Come and see. Begin the journey”. The repeated and poignant chant invites us to quietly enter into another day’s journey of faithful living and purity of heart. The chanted phrase also calls us to attentive listening so that we can discern our direction as we step into another day of our lives.

The serendipity of the daily can surprise us through seemingly unrelated events and chance encounters that image a mysterious inner dynamic. These become incremental steps that help us move forward on the spiritual journey we walk with our brothers even though our initial response may be: I don’t understand this. /Where does this come from? /Dare I pursue this? /Can I trust where this may lead me?

Faithful listening “with the ear of your heart”¹ eventually reveals a previously unaccounted for, deep, inner yearning that has been waiting to be acknowledged. As we continue to practice attentive listening we may eventually come to discover that our inner voice has two components: our own voice vibrating in harmony with the voice of the One who loves us and desires our growth in greater faithfulness and loving service. We know that this is the voice of the One who always initiates our prayer and our longing.

Our challenge then becomes trusting this voice and taking on a daily practice of active attentiveness which “simply requires a deep obedience to the choices you are making about your rhythm of life.”² ■

¹ Rule of Saint Benedict

² Abbot Christopher Jamison, FINDING SANCTUARY: Monastic Steps for Everyday Life, 2006