

Soul Spaces

Lesson for 9/1/19

Unitarian Universalists believe that every person has their own experiences of mystery and wonder. No one else will ever have exactly the same experiences of mystery and wonder, because no one else has a soul that's exactly like yours.

Each of us finds practices that feel good to our souls. Those practices are our soul spaces – things that help us feel calm, or happy, or peaceful, or connected to the universe. They might be big amazing things – like listening to a great piece of live music right here in our sanctuary. Or they might be small simple things, like coloring a mandala.

Mandalas are common in many of the world's religions and cultures. They are almost always circles, and they are often used for either meditation or setting intentions (which is a way of saying “focus on what you intend to bring into the world”). The word “mandala” simply means circle in Sanskrit. Mystically, it connects us to life, to infinity, or to a circle or spiral that never ends. But practically, repetitive activities like coloring a mandala can have the same effect on us as meditation. So coloring a mandala may be a doorway to a place where we are more tuned in, more alert, more alive – a soul space.

May we all find our soul spaces in church this morning.