



Healing Spirit

LESLIE SAFFER, MAT Reiki Master

December 2002

*The light and the truth*

### Land of the Bible

My more immediate ancestors lived in a little village in central eastern Turkey before coming to the U. S. nearly 100 years ago. Now strictly an archaeological site, Harpoot was built into the side of a mountain. This allowed residents to enjoy the benefits of natural fortification not available to my more *distant* ancestors.

These ancient ones were the Assyrians. Like many indigenous peoples, we were wrenched from the heart of our ancestral homeland which lay along the open plains within Mesopotamia. That "land between the two rivers" framed by the Tigris and Euphrates, is what historians call the *Fertile Crescent*, where the oil-rich land of Iraq is today.

### What would Jesus say ...

The language of my people is Aramaic. It was also the language Christ spoke and at that time in history, the dominant conversational tongue throughout the Middle East.

I note with some irony that Aramaic is considered a "dead" language. In this particular season of "peace and goodwill," we witness the heartbreaking breach between the authentic message of Christ and the living culture of war, deception, greed and illwill that demands our attention, propels our actions and consumes our consciousness, frequently in His name. Those who would "lead" us, capitalize on perpetuating fear by mounting sophisticated deceptions. While manipulating us towards a war that will surely lead to increased violence of horrific proportion.

### Peace on earth ...?

I believe in the human capacity for goodwill and our ability to live in harmony. I am a mediator in actual practice and at heart. But I cannot stand idly and sing about "peace on earth" this Christmas, without acknowledging my deep awareness that we are perilously poised for an unprecedented leap into just the opposite.

### The truth is the truth ...

I no longer tread a delicate line between spiritual devotion and "political" outspokenness. To me, we live in a time when the two mesh and the real message of truth flies in the face of what we're routinely shown on TV and what we read in the paper.

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Those who speak of these things in this way speak not as the collective voice of doom, but as a unified voice of reason, a voice to awaken, a voice to cut away the cobwebs from the deadly snare of denial

### Drawing inspiration and focus

My father, who is philosophical and deeply steeped in our cultural tradition, often draws on an "adahg" (Turkish for adage) to bring thought-provoking perspective to a particular life situation. My mother relies on aphorisms for reflection and inspiration as well. So it comes as no surprise that I also look to these nuggets of wisdom to anchor myself in the turbulence of these times.

So it is in the context of this season and the particular nature of unfolding events that I share two adahgs offering inspiration, hope and direction to those who may to receive them.

The one from Mum speaks of *what we might hold in our heart*, the source of all truth:  
*"Faith is the bird that feels the light and sings when the dawn is dark."*

The one from Dad addresses *action*, on both the literal and metaphorical levels.

*"Light a candle and curse the darkness."*

Perhaps these may be the "times that try men's souls." With certainty, these are the times that call us to anchor ourselves in our faith, to reach for the light ... to listen for the truth, align ourselves *with* it, and *speak* it.



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**“... and let it begin with me.”**

May I be at peace,  
May my heart remain open,  
May I awaken to the light of my  
own true nature,  
May I be healed,  
May I be a source of healing  
for all beings.

Joan Borysenko

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This issue of *Healing Spirit* is dedicated to my ancestors. May I walk in a good way to honor and nourish them.  
May I benefit from their wisdom for myself and for the healing of others.