

15th September 2021

Deeper

**“One deep calleth another, because of the noise of the water-pipes:
all thy waves and storms are gone over me.”**

Bible, Psalm 42:9

Following my use yesterday of a Buddhist Text and my reflection on finding enlightenment closer to home than we expect, I thought I'd share with you an insight on this theme which I've been pondering recently.

There is no doubt that the past eighteen months have taken us, corporately and individually, through some searching times. None of us could have foreseen this, and, indeed, for many it's been quite disturbing. I'm no different, and I confess to having had some dark times during this pandemic. I'm OK now, though I know I'll not be immune from tough times in the future. But I now realise what the Psalmist felt like when he said that the “waves and storms are gone over me”.

But these times in stormy waters, battling with the waves of doubt and uncertainty, questions and instability, have forced me – yes, I think that's the right word – to look for enlightenment. To do so, I've had to “come home”, to look at myself, where and who I am, and not to expect to find meaning, purpose and fulfilment “out there”. And to do that, I've had to search deeper than I've allowed myself to do for many years.

Pali Triptaka, the earliest collection of Buddhist sacred texts from the 2nd century BC, in a section called “Woven Cadences”, offers us this insight:

*There are no waves in the depth of the sea: it is still, unbroken.
It is the same with the monk. He is still, without any quiver of desire,
without a remnant on which to build pride and desire.*

“There are no waves in the depth of the sea.” The waves are on the surface. Go deeper, deeper than you might ever have expected to, deeper than you might want to, even to the dark, unexplored places, and there you may find the still, unbroken peace you crave.

Am I there yet? Not completely. But there is no doubt about this: going deeper, beneath the storms and waves, has brought me to places where enlightenment *can* be found, and where being still, “without a quiver”, can be the most precious of discoveries.

A prayer for today

Loving God, when I go deep, thank you for offering me your peace. Amen