



We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come.

Joseph Campbell

*What might you need to shed to experience holy newness?*

*What is the condition of the temple of your heart?*

The analogy of the building of an interior temple, a temple of the heart, as a house for the Divine is a useful description of the work involved in creating the inner life, a living spiritual life.

Regina Sara Ryan

