

Your Symbol

The spiritual practice of symbology is an easy and an effective way to cultivate and maintain a deep connection to the divine. Certainly the ancient Christians knew this as they looked to the symbol of crucifixion as representing their movement. The Cross embodies the personal and sociological struggle of living according to the laws of God's Kin(g)dom. But it is not limited to this (my own) definition. Indeed, I and many others--including the disciples and later followers of Jesus--attribute different meanings to the Cross. Similar to Christianity's use of the Cross, all religions use either a symbol or a multitude of symbols as representations of their tradition as a whole or certain teachings.

Om in Hinduism and Buddhism; Yin & Yang in Confucian and Daoism; Pentagram in Wicca and European Paganism; Eye of Horus in Egyptian Hermetic Magic; all of these symbols--and many not listed--are examples of powerful expressions of aspects in their respected traditions.

For this purpose, I encourage you to find a symbol that speaks to your spirituality right now. Like pulling a tarot card or casting a rune, intentionally seek a symbol that is calling you. If one immediately comes, take a moment and draw your mind to it.

What does it look like?

Where does it come from?

How did you find it?

What does it mean for the tradition it represents?

What does it mean for you?

As you dive deeper into this symbol, find yourself within it. Feel its power. Feel its connection. Allow yourself to become every line and contour that creates the hidden meaning. And now, fall into its greater purpose--that which it points you too.

On the blank above, draw the symbol or cut one out and place it there. Put the symbol somewhere meaningful, so that when your gaze falls on it you will be reminded of its power.

In this day and age, we are surrounded by symbols that represent capitalism, hatred, and systematic sin. And this can take a toll on the mind, body, and heart as we do the work we do. So find, or create, a symbol that will give you inspiration during this time. As the ancient

Christians reclaimed and repurposed the sign of the cross to represent a movement of Love and Peace, so too can you proclaim your beliefs through the power of a symbol.