



# Letting Your Soul Shine



*Karma is the life experience that accumulates on our souls like tarnish accumulates on exposed silver.*

**W**HEN I WAS IN WELLSVILLE, Ohio, during the late 1930s, a friend of mine had a baby around the same time I did, and I gave her a silver baby cup with her child's name engraved on it. She liked it, but a year later she told me that the cup had gone bad. She said, "Well, it all turned black so I threw it away." She did not know that silver needs to be polished and kept from having tarnish accumulate on it if it is going to stay shiny and pretty the way we want silver to be.

I remember in 1969 when we flew into Jerusalem. Just as the sun was going down, we were getting ready to land and looked down on the city. The center of our view was the Dome of the Rock, a beautiful golden dome that is sacred space for Jews, Christians, and Muslims. Over to the side was St. Ann's Church, a silver dome that was much, much smaller than the golden Dome of the Rock. It was like a view of the heavens with the Dome of the Rock as the sun and St. Ann's Church as the moon.

We all recognize the fact that the sun and the moon each have power that is central to life on this earth. The sun is golden and the moon is silver. The sun emits its own light. The moon emits no light from within itself. Its light comes solely from the reflected light of the sun.

Metals gold and silver reflect the qualities of the sun and the moon. Gold does not tarnish. Its shine remains clear and pure no matter how much it is exposed to the elements. Silver, on the other hand, reacts to exposure to the elements by creating a chemical reaction

shines and brings life, love, and healing into our human lives—and that is grace. The moon's light comes from the sun. Karma is the life experience that accumulates on our souls like tarnish accumulates on exposed silver. When that happens, the karmic patterns frequently stop the reflected light of the sun. As we live through lifetimes we accumulate karmic patterns, habits, and thought forms that are so attached to how we respond to our life experiences that they can actually tarnish our soul in a way that keeps the light of the sun from penetrating.

When we begin to recognize that our light is not shining and/or that the light of God is being interfered with by our responses to our environment (life situations and life experiences), we have a choice. We can work toward cleaning up these old, tarnished patterns and allow the light to shine through, or allow the tarnish to accumulate and keep us in darkness. The polish that we use to clean off this tarnish is directly associated with the "fruits of the spirit"—love; generosity; caring; little deeds of kindness; the act of forgiveness; the reality of hope. Our soul wishes to shine through with its clear pure light. It just has been clouded and covered over by our responses to life's experiences.

In reality we have many tools that work as a polish to clean the tarnish off. Meditation, prayer, music, dance, massage, paying attention to diet; all of these things where we are consciously working with our body, mind, and spirit help us to remove the tarnish and

