**Lyceum 110, September 11, 2025 – – a forum to Think, Discuss, Share, and Learn from one another. Your input is welcomed - Iron sharpens iron.**

**Neighborhood “The1826, in Connecticut, a farmer named Josiah Holbrook started a school for ‘the general diffusion of knowledge and raising the moral and intellectual taste’ of Americans. In those days, the opportunities for higher education were limited to those venerable old universities that had long served the upper crust. Holbrook’s vision was to make learning – practical, liberal, and humane – available to working people of all kinds. He named his school the Lyceum, after the garden where Aristotle once taught his students philosophy…. We need to go deeper than the superficial fights that characterize public life. We need to return to the first principles and meet each other there as human beings.”– Nathan Beacom, Plough Magazine, Autumn 2023, p. 9.**

**Our 6:30 AM men’s group at Resurrection Parish is using “The Holy Longing” by Ronald Rolheiser. We meet on the second and fourth Wednesdays of each month, September through May from 6:30 to 7:30 AM. We had our first session on September 10 focusing on chapter 1 – What is Spirituality? In addition, if time permits, we discuss the forthcoming scripture readings for Saturday and Sunday’s liturgy. We have books available for you. Please join us for thought-provoking discussions and relevance for your personal lives. Please contact Deacon Roger Vandervest at** [**rogervandervest@gmail.com**](mailto:rogervandervest@gmail.com) **if interested in participating. Our next meeting is September 24 at 6:30 AM at Resurrection Parish, door number 9 in the conference room.**

**Here is but a sample of one of our discussion topics from the meeting.**

**What is your definition or experience of it over the years of your life? Here is Ron’s definition/explanation “Spirituality is about what we do with the fire inside of us, about how we channel our eros. And how we channel it, the disciplines, and habits we choose to live by, will either lead to a greater integration or disintegration within our bodies, minds, and souls, and to God, others, and the cosmic world.” P. 11.**

**I shared with the group my understanding and experience of spirituality: Spirituality is the divine indwelling of the Father, Son, and Holy Spirit that defines, sustains, and gives my life meaning, direction, purpose, fulfillment, and eternal life. -Roger J. Vanden Busch.**

**Also, in our group discussion we asked ourselves, am I spiritual, religious, or a combination of both, and what does that mean for my spiritual journey as I am so busy with my family, work, and many other responsibilities and distractions?**

**“There is something in all of us that seeks the spiritual…The spiritual is inclusive. It is the deepest sense of belonging and participation. We all always participate in the spiritual, whether we know it or not. There is no place to go to be separated from the spiritual, so one might say that spiritual is that realm of human experience which religion attempts to connect us through dogma and practice. Sometimes it succeeds and sometimes it fails. Religion is the bridge to the spiritual – but the spiritual lies beyond religion. Unfortunately, in seeking the spiritual we may become attached to the bridge rather than crossing over it.” – Rachel Naomi Remen, M.D.**

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**9 Signs You are Experiencing a Spiritual Transformation**

**Our whole spiritual transformation brings us to the point where we realize that in our being, we are enough.**

**– Ram Dass**

**Spiritual transformation is about returning closer to the Centre of our being. It is a culmination point where all of our effort, all of our**[**inner work**](https://lonerwolf.com/inner-work/)**and**[**soul work**](https://lonerwolf.com/soul-work/)**, and all of our spiritual journeying begins to ‘pay off.’**

**However, the rewards we receive are not always what we expect – they are what we *need*rather than what we *want.*(Of course, it is entirely possible to get what we both want *and*need.)**

**As a cyclical process, spiritual transformation is bound to happen to all of us walking the spiritual path not just once, but *many times over*– each time helping us to embody deeper layers of our**[**True Nature**](https://lonerwolf.com/true-nature/)**.**

**Here are some key signs of spiritual transformation. How many can you identify in your own life?**

**1. Old ways of being disintegrated.**

**You begin noticing thought patterns, habits, beliefs, and other limiting ways of being crumble – they do not have the same hold on you as they once did. This dissolution or *death and rebirth*can cause you to feel many different feelings. Some people feel relief and gratitude, while others feel nervous and on-edge. Whatever the case, just know that it is part of the natural flux of spiritual transformation.**

**Top of Form**

**2. New doorways open.**

**You might be presented with new and unexpected opportunities for growth. Meaningful coincidences will increase, and you will feel like you are living ‘*in the flow*.’ Whatever you do seems to yield important results and there is no longer what feels like an ‘invisible barrier’ preventing you from progressing.**

**3. Letting go and surrendering.**

**You feel more comfortable letting Life take over the driving seat for a while, trusting in its wisdom. Letting go, letting be, and surrendering to Spirit becomes more second-nature to you. In the past, you would have struggled and resisted a lot, but now, you feel more at peace with ‘handing over the reins.’**

**4. Self-identity loosens.**

**As you undergo the process of spiritual transformation, the attachment to your ego becomes more transparent. You cease being stuck in limited and rigid ways of being. There are freshness and light within your mind and heart that makes it easier to be fluid and adaptable. Because your ego lessens, you react less to other people and events that would usually rile you up.**

**5. Some people in your life leave.**

**This does not always happen, but it is common to witness people moving on and leaving your life during spiritual transformation. Some say this is because you are no longer “*vibrationally matched*” to them – or in more down-to-earth terms, you’ve each learned your lessons from the other and*it is time to get gone*. You might feel a sense of relief or alternatively a sense of grief for the departure of those once close to you. Whatever the case, let yourself feel these emotions and know that it is a necessary part of the cycle of life.**

**6. Profound insights into the nature of reality.**

**It is common to receive an influx of deep understanding about your life and the universe during spiritual transformation. These epiphanies are often referred to as ‘*cosmic downloads*’ – it is as if your head opens and you are absorbing all there is to know about the Great Mystery. What was once hidden or obscured now becomes clear, and the puzzle pieces of your life begin to fit together.**

**7. Energetic purging and detoxification.**

**One of the less enjoyable aspects of spiritual transformation is what I call *energetic purging and detoxification.*This purification is usually manifested in our bodies and can sometimes become quite disruptive. Another name for this experience is undergoing an awakening where the primal life force energy rises within us, and with it, clears out old ‘energetic blockages.’**

**8. More inner security and trust in Life.**

**Most of us live our lives in a state of near-constant anxiety. Even if we are not consciously aware of this fear, it is always lurking at a deeper subconscious level. During spiritual transformation, some (and in rare cases, *all*) of this looming anxiety dissolves. What we are left with is more trust in the unfathomable wisdom of Life or the Divine. We understand that everything is working *for* us, not against us. This enhanced trust leads to feelings of greater inner security as we come to see that *nothing* can truly touch our Essence.**

**9. Deepening love and compassion.**

**Finally, we come to one of the most (if not *the*most) beautiful aspects of spiritual transformation: love.**

**Our connection with our heart increases and sometimes expands to feelings of compassion for all beings. The hatred and resentment we once felt towards certain people bursts and is replaced with understanding, love, and oftentimes grief for their pain. We experience what is known as Christ /Consciousness where we embrace and simultaneously mourn all beings.**

**Of course, it is common to experience varying degrees of this heartfulness ranging from more a heart-centered understanding to complete unconditional cosmic love. What is most important is *not* how muchwe experience, but *how deeply it impacts us*and transforms our old patterns. -Internet.**

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**“We are an integrated whole, body, and soul. Holiness and wholeness are both variations on the same word, the same reality. The old English word from which both wholeness and holiness arise is “halignes” meaning without blemish or whole. Mind, heart, body, spirit, interior prayer, and exterior engagement are all interrelated.” -Eugene McCaffrey, In Patterns of Prayer. We are holy as far as we live in the Spirit embracing the demands of this new life. “To Be is Blessed and to Live is Holy.” -Rabbi Jeremiah Heschel. “Grace builds on nature.” Thomas Aquinas.**

**Jesus prescribes four ingredients as an essential practice for a healthy spiritual life: 1. Private prayer and private morality; 2. Social justice; 3. Mellowness of heart and spirit; and 4. Community as a constitutive element of true worship. Micah 6:8 – love tenderly, act justly, and walk humbly with your God. Amen. -Ron Rolheiser.**