

Clare writes that we must offer ourselves as a “pleasing sacrifice” (*Early Docs*, 40) to the divine love. The word sacrifice conveys a distinctly negative connotation to our contemporary minds, and can alienate us from further inquiry. Robert Johnson, in *Balancing Heaven and Earth*, however, provides a definition that opens this word and world to us. He writes that “sacrifice is an act of transformation where energy is taken from a lower plane of existence and transformed into a higher place of thought and action.” It is, if you like, an alchemical transmutation. It is not “going without” or “giving up something” but rather bringing that action into its purest possible expression.

Clare sacrificed the world of pride, acquisition, and arranged marriage for a life devoted to realizing her soul potential and consciousness. Her acute inner vision was not forsaken for outer appearances or desires, and she certainly did not feel she was missing out on life. She was entering the truth of her soul and the sacredness of living. This crucial decision occurred before Clare’s meeting with Francis; otherwise their souls would not have met as equals. She could easily have fallen into an unhealthy reliance, projecting her innate soul desires onto Francis rather than claiming and living them in and for herself.

So too we must resolve to live in the fullness of the light of our consciousness, ever moving towards our infinite potential. We must be willing to sacrifice, that is, to transform our lower natures and desires and once more return to, and live from, our inner purity. In this way we will come into connection again and again with our soul mates, both intimately and in community.

*Companion Meditation:*

*Come into a place of quiet, both externally and internally, allowing the rhythm of the breath to calm and soothe your soul. Let yourself gently move through the layers of mind and soul, connecting with the purity of your Spirit. See how you may rely on your companion, or another, in an unhealthy way. See where you may have denied your original purity. Let*

*the Spirit show you how to gently come back into the truth of your own being. Give thanks to both Spirit and companion.*

*Community Meditation:*

*Gathering together in respect and openness, let the Spirit guide you into the quietness of being. See how the community is devoted to the light of consciousness being reflected in every member. See where you individually may fall into your lower nature of response. Allow the spirit of the community to raise you and bind you back to your own purity, supporting and guiding where necessary. Allow your world of pride to dissolve into the loving arms of your spirit companions.*