

Seinsgrund

Beloved person,

Do you recognise this, that you are completely absorbed in something? You forget the time and I forget to think in any case. And then suddenly there is that moment when you realise that you are enjoying yourself, that you are completely absorbed in the story of the film, in playing, in exercising, in singing or in the flow of drawing. From one second to the next, your experience becomes a realisation. I find it quite difficult to find good words for this. How would you describe that?

Experiences in which I feel one with life – and I express it with somewhat clumsy words - are of great significance to me. Something of the mystery of life reveals itself to me and I feel it within me. If I think about it a little longer and search for the essence of it, I come up with words like joy of existence, my origins and soul. I feel that these words are related to each other. What words do you come up with? And I'm curious too: do they also belong together?

Perhaps, at this time, you especially need to know how to keep the way to your soul free or how to find it again. On my bulletin board there is a note with the sentence: *amazement is the first thing that wears off when you are on the road*. I hung the note up a few years ago as a wake-up call, because if you no longer pay attention to something, it may just disappear. Your soul and your conscience, your softness and your gratitude, your amazement and your feeling of awe all need an 'infrastructure' within you, a familiar path. If you don't maintain it, you may just lose your way to your soul. What helps you to ensure that this road remains recognisable and passable? The way to your soul: that is a feeling for which it can be difficult to find the right words. But if you feel it, you can start looking for how you can share it. Also with children and young people.

How can you make sure it starts flowing again? Or that it keeps flowing? That you continue to be amazed, come to new thoughts and do not let the road to it get snowed under? How do people do that? What examples do you know of this? When I thought about this, a few stories from the Old Testament came to mind in which people see God as their discussion partner. They have integrated God as a familiar, essential part of their existence. They have found a structure - you could also say an anchor- in finding a beneficial path. They feel one with God. In the German version of the song 'Healing tranquility'¹, the word *oergrond* is translated as *Seinsgrund* and the English translation is *my origins*. Those words are about real grounds and origins. What an adventure, developing a sense of your origins and source, both for yourself and together with others, and from that basis to be able to grow into who you want to be.

The mind does not provide the explanation because answering the question of what the divine is, and what meaning it has in your life, may take you further away from the secret. It must retain some of that secret. It is a little like when you try to explain why you love someone. Or the photo you took of that beautiful landscape. But it's still just not it. Nevertheless, we keep trying to find words for it. And then, for example, you could say it like this:

I want to sing of God
who heaven and earth allies,
in whom every day
I find the strength to live.
Though reason lacks explanation
for his omnipresent proximity
still I feel, with great elation,
part of his efficacy.

I want to sing of God,
but words always fail to convey;
from deep within my being
wells my soothing, purest song.
In life, which cannot be fathomed,
I make sense of my temporality;
to God, my source, connected,
I feel part of eternity.²

With a warm-hearted greeting, gladly your sister

Nanda Ziere



Attention for our baptism promise

¹ Choir song number 15 'Healing Tranquility'

² Minke Slok-Zwaan, 'Singing of God', Choir song no. 14