

Today, we embark on a captivating journey through the wisdom and poetry of Rumi, the beloved 13th-century mystic and master of spiritual intoxication. Through his enchanting poem, "*We Are the Night Ocean*," Rumi invites us to explore the depths of our being and discover the divine essence within each of us.

### **The Parable of the Rose Garden**

Rumi's path to spiritual intoxication is beautifully illustrated in the parable of the rose garden. In this story, Rumi takes a young student to a lush garden, where he kneels beside a magnificent rose bush and begins to converse with the flowers. As Rumi inhales the fragrant scent of the roses, he becomes enraptured, experiencing a state of divine intoxication. This experience serves as a metaphor for Rumi's spiritual journey—a journey of finding the Divine in the ordinary and allowing the beauty and love of the world to lead one into profound states of ecstatic connection with the Divine.

### **Exploring the Depths of "*We Are the Night Ocean*"**

In his poem "*We Are the Night Ocean*," Rumi employs rich imagery and metaphors to convey the idea of our oneness with the Divine and the universe. He describes us as the "*night ocean filled with glints of light, the space between the fish and the moon, the reed's whispering of its beginning, and the soul of the artist stretched out on canvas.*" Through these vivid descriptions, Rumi encourages us to recognize that we are not separate entities but interconnected with everything around us. We can find the source of love and connection with the Divine by looking within ourselves.

### **Embodying Rumi's Teachings**

I invite you to engage in a few transformative activities to deepen our understanding and connection with Rumi's poem. Begin by reflecting on the poem daily, contemplating questions such as: "*What does it mean to be the night ocean filled with glints of light?*" or "*How can I find the source of love and connection within myself?*"

Next, express your personal interpretation of the poem through art, visually representing the imagery and themes that resonate with you. Additionally, engage in an embodiment practice inspired by the poem, imagining yourself as the night ocean, vast and expansive, with the glints of light within you representing the Divine presence.

### **Seeking the Divine in Beauty**

In the spirit of Rumi's teachings, I encourage you to seek out a symbol of beauty and love that speaks to your heart. Whether it is a rose, a breathtaking view of nature, or a moment of connection with a loved one, approach this experience with an open heart and a willingness to see beyond the surface. Allow yourself to be fully present and enraptured by the essence of the Divine reflected in this moment. Offer a silent prayer of gratitude for the opportunity to witness and experience the Divine tangibly.

As we conclude our journey through Rumi's path to spiritual intoxication, remember that the source of love and connection is always within you. Embrace your inner ocean, your creative spark, and your transformative nature. Recognize that you are part of a larger, divine whole.

May your journey be filled with laughter, love, and plenty of divine intoxication as you continue to seek out and cherish the moments of connection that are the true treasures of the soul.

Affirmation: "*I am the night ocean filled with Divine light.*"

# **We Are the Night Ocean**

By Rumi

We are the night ocean filled  
with glints of light. We are the space  
between the fish and the moon,  
while we sit here together.

We are the reed's whispering  
of its beginning. We are the wind  
growing on the dusty plains of wheat.  
We are the soul of the artist  
stretched out on canvas.

We are the song of the bird  
singing its first heady notes.  
We are the caterpillar changing  
into the striped butterfly. We are the snake  
sloughing off its skin.

We are the light opening in the eye.  
We are the window that opens to the mountaintop,  
the dew on the morning grass.  
We are the silent laughter of roses,  
we are the sky tasting the air.

We are the clouds, moving across the face  
of the world, pressing our cheeks against it.  
We are the infinite ocean of moments,  
glinting with tiny sparks.  
We are alive, we are alive.