

Marsha Sinetar – “Who Speaks” article

UUSpiritLife Conversations November 18, 2023 David Gonci facilitator



[Marsha Sinetar Website](#)

[Marsha Sinetar YouTube Channel](#)

Introduction: Marsha Sinetar, Ph.D., is an educator, corporate psychologist, and prolific author. She is an exponent of the practical benefits of self-actualization. One of her early books was "[Ordinary People as Monks and Mystics](#)." Marsha Sinetar describes herself as a casual contemplative. Her consecration is to spiritual wholeness through the contemplative way. Her motto is "In Thy Light, we shall see light."



Things to Contemplate

- Marsha speaks of “the simple act of giving herself over to a radical interior summons, with its corresponding requisite of unconditional surrender”. This movement is a “ruination of habit, mind, and comfort that simultaneously disorients and unsettles” while “integrating her whole being and life.” This was accompanied by an “adult choice, this first legitimate commitment, that made all the difference”. How do summons and commitment shape your spiritual formation ?
- She says that “submission to the truth in faith comes by virtue of a grace.” This grace stirs us up and yearn for a truthful life. How do you experience grace?
- She says that “as we gain the courage to be, we are made able to embrace the void”. In gaining the courage to be, the “void erases personal being, makes us nothing, deletes us”. All prayer is a cry for access to a “worldless, wordless core within that is peace, is radiance, is mystical union” in which “only love heals and makes us whole”. How does this resonate with you?
- She acknowledges the unique passage for each person and in each spiritual tradition. She says that sometimes through unmerited favor we can be reborn. She comments on nature, prayer, scripture, devoted work, and simply living life. Theologies, myth, poetry, music, art, dance, and our own

instinctive primal intuition spark a healing rebirth. Do you feel, as she does, that “God’s everlasting arms” are closer to us than we are to ourselves, yet more and yet beyond”.

- Marsha has “a special call and disposition for silence, a perfect replica for inmost poverty, which heals all ailments and makes us able to receive and extend love in our own authentic and proper way. Her new autobiography is titled “Joyful in the Silence”. Do you experience authenticity and joy in silence?
- Who Speaks in your life?

Other Musings

Unlike some of the other contributors to this handbook, there is more of a sense of domesticity and natural living that comes through in her writing. Her website banner places her in a cow pasture. Her closing paragraph warns about "too much talk of mystic things like voids and transcendences". She says that we are also blessed by "down-to-earth, physical, relational, and quite creaturely realities" in a life that is very "ordinary and specific... wood-carrying, bird-feeding, floor-washing...coffee-klatching." Is everyday living a central focus or a distraction for you in your journey towards spiritual wholeness?

The three authors we are visiting in this fall program series (Stephen Levine, Marsha Sinetar, Thich Nhat Hahn) all adopted lifestyles of simple living, and many of the contributors in this Handbook are from monastic communities. Is simplicity integral to your own journey on the spiritual path?

Nature references are frequent in Marsha’s communications, including her references to John Muir and Thomas Merton, who see God is all in all. Is this how nature feels to you?

Mission: The Sinetar (*Teleios*) Center



To increase understanding of the progression and diverse expressions of the spiritual completion (*teleios*) toward which we strive; to advance and preserve selected principles of the contemplative tradition and the entirety of the founder’s body of work.

