**St. Anselm Feast Day Reflection**

By Molly Buccola

This morning, our monks celebrated mass for St. Anselm. We are a Priory (small monastery) of St. Anselm Abbey in Manchester, New Hampshire. The below excerpt is from the beginning of Saint Anselm’s famous work, the Proslogion, and calls us to make space for God in the midst of the hectic life we lead, retreat within, and seek God’s face.

*Insignificant person, rise up! Flee your preoccupations for a little while. Hide yourself for a time from your turbulent thoughts. Cast aside, now, your heavy responsibilities and put off your burdensome business. Make a little space free for God; and rest for a little time in him.*

*Enter the inner chamber of your mind; shut out all thoughts. Keep only thought of God, and thoughts that can aid you in seeking him. Close your door and seek him. Speak now, my whole heart! Speak now to God, saying, I seek your face; your face, Lord, will I seek.*

“Insignificant person, rise up!” At first this seems like a slap in the face. St. Anselm has a point. We are more than we initially think. We are more than our daily problems and individual needs. We are called to see life in all it’s meaning and purpose. It is difficult to do so when our tunnel vision tricks us into believing we are the center of the world and our own problems are the most important matters of the moment. “Insignificant person, rise up!”

“Enter the inner chamber of your mind.” Inner chamber, that sounds like a deep, dark, mysterious uncontrolled space. “Shut out your thoughts.” How can we check our baggage at the door of such a foreign, yet truly blessed space? We are challenged to do so, to invite ourselves into the presence of our highest selves in relationship with the Divine. We are invited to “enter the inner chamber of the mind.”

Today, in honoring our Benedictine Saint Anselm, I encourage you to “rise up” and “enter the inner chamber of your mind.” Give yourself perspective, space, silence, and open to God.