

## Explore the Theme — “The Art of the Metaphor”

a video on how metaphors help us understand ourselves & our world,  
& a reflection on the seed of love God sows in each heart

for other “Explore the Theme” postings visit: <https://www.shcj.org/explore-the-theme>

... we are the clay and you, our potter ...

... I am the bread of life ...

... You are the light of the world ...

... I am the vine and you are the branches ...

... you are the salt of the earth ...

... unless the grain of wheat ...



**How do metaphors — like the grain of wheat — help us understand the world, & our own lives, better?**

Poet Jane Hirshfield explores this question in a 5-minute TED talk.



**WATCH:** “The Art of the Metaphor” — [https://www.ted.com/talks/jane\\_hirshfield\\_the\\_art\\_of\\_the\\_metaphor](https://www.ted.com/talks/jane_hirshfield_the_art_of_the_metaphor)

**What light does the poet’s teaching shine on Jesus’ use of metaphors to move us?**

### **A Seed in the Heart**

a Quaker perspective shared by SHCJ friend Ursula Seibold-Bultmann, Germany

**Just as grains of wheat fall into the earth, God sows the seed of His love into our hearts.** In life

and beyond, we need nothing more than this seed. However, in order to find it and let it bear fruit, we have to empty ourselves of our self-will, our busy-ness, our

desires and ambitions. In other words, we have to let big parts of us die. As the Quaker Isaac Pennington wrote in 1661: *“Give over thine own willing, give over thine own running, give over thine own desiring to know or be anything and sink down to the seed which God sows in the heart, and let that grow in thee and be in thee and breathe in thee and act in thee;*

*and thou shalt find by sweet experience that the Lord knows that and loves and owns that, and will lead it to the inheritance of Life, which is its portion.”*

Isaac Pennington: “Some directions to the panting soul 1671,” here quoted after *Quaker Faith and Practice* (published by The Yearly Meeting of the Religious Society of Friends (Quakers) in Britain, 2nd edition, London 1999, § 26.70.