

“There is still a fourth and subtle stage that is the full emergence of the unitive. At this level of understanding, we become not only sensitive interpreters of the patterns but actually co-creators. The Fifth-century Desert Father John Cassian once said he knew his monks had achieved had achieved this unitive stage when “they sang the psalms as if they were composing them.” If, at the preceding stage, the scriptural story is all about me,” at this last and most sublime stage, we begin to realize that there is only one story, the great Biblical drama of salvation, and our own life is perfectly mirrored and contained within it.” (Cynthia Bourgeault in “Chanting the Psalm” page 52)