



# Buen Camino

Newsletter of Fr. Michael Fish, OSB, CAM

## Allowing others to hear our music

There is a man in his early forties who drives a large, old car. His name is Dave. Dave has turned the interior of his car into a series of speakers, six where the trunk would be and then others in the doors and on the dashboard. He drives the same road and route most days – slowly, windows down, a lazy smile on his face, lost in the music, his car a boombox on wheels.

Sometimes, I meet Dave on my walk, other times he is ahead of me as I drive home, or, while sitting outside on my deck, I hear him, miles away, sounding louder and clearer as he passes my road. I call Dave “The Music Man.”

Recently, I was walking my usual quiet road when the trees began to sway to the music of Elton John. I knew Dave was approaching and, as I recognized the tune and words, I found myself smiling and, like him, becoming lost in the music. Then, around the corner, came Dave, his car vibrating with base. “Why do you do this?” I asked. “I love music. I can’t play a musical instrument, so I listen. Music helps and heals,” he responded.

Music certainly seems to help him, me too. It shatters plaguing thoughts and returns me to the *Now* and the road with new awareness and lightness. I don’t walk with earphones, I prefer to listen to nature around me, but Dave shows how music can be a vehicle for centering and can bring about a mood shift, birthing gratitude and presence.

Long after the sound of Dave had faded, I was aware of an inner music and a lightness of being. Jesus, I’m sure, did something similar. He walked along, bringing joy, healing and a smile to the

downtrodden. His music, the Spirit, still sounds in us if we care to listen.

So, whether it’s Dave, the breeze in the trees, a wind chime, bird call, or that inner tune, perhaps we could listen a little more carefully, roll down our windows and allow others to hear our *lifemusic*.

*Blessings,*

*Michael*

The more I come to know God, I feel sure God sang creation into being. There is a song and symphony in nature, the cosmos, (the Bushmen can hear the stars singing), the animal world and humanity – everything – the experts tell us this is *vibration*.

## San Joaquin

This valley after the storms can be beautiful beyond the telling,

Though our city-folk scorn it, cursing heat in the summer and drabness in winter,

And flee it – Yosemite and the sea.

They seek splendor, who would touch them must stun them;

The nerve that is dying needs thunder to rouse it.

I in the vineyard, in green-time and dead-time, come to it dearly,

And take nature neither freaked nor amazing, But the secret shining, the soft indeterminate wonder.

I watch it morning and noon, the unutterable sundowns,

And love as the leaf does the bough.

*William Everson*  
The Residual Years

## Free ‘Merton’s Mirror’ journal

As a way of thanking everyone, past and present, who has purchased *Merton’s Mirror* on CD or as a download, Michael is sharing a free PDF of the handsome, out-of-print retreat journal on the Hermit Fish site through the end of October. Download at:

<https://tinyurl.com/dwxtc2zt>

## ‘Merton’ CDs are a “GO”

Thanks to those who pre-ordered the *Merton’s Mirror* reissue on CD. We will be putting them into production shortly. Expect to receive your CD set in about 3-4 weeks from now. There’s still a little time if you wish to order *Merton* on CD. Visit:

<https://hermitfish.com/retreats-cd-sets/mertons-mirror>

Retreat journals are in ever shorter supply and will not be reprinted. Available titles include *Cave of the Heart 2 and 3*, *Contemplative Ways of Being 2 and 3*, *Camino III* and *Celtic I*. These are valuable companions to the CDs or downloads. Visit:

<https://hermitfish.com/retreat-journals>

We still have a few retreat titles on CD in stock, some of which have only a handful left. Visit:

<https://hermitfish.com/retreats-cd-sets>

All 13 of Michael’s retreats (5 talks each) are available as downloads. Visit: <https://hermitfish.com/audio-retreats>

## Your support appreciated

Michael is grateful to everyone for their continued prayers, good wishes and support. Donations to Hermit Fish, his 501(c)(3) nonprofit organization, are fully tax deductible. Gifts of any size are greatly appreciated. FID: 82-2489475

Visit: <https://www.hermitfish.com/donate>

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