

Journey of the Heart

Mantras based on St. Bonaventure

© 2022, Josef Raischl OFS

1. The God of Lights

Bonaventure names God as the Mother and Source of all so that we can appreciate ourselves as vessels open to receive God's gifts. This is a prayer for all our beginnings and endings.

Prologue 1: I call upon the Eternal Source from whom all illumination flows as from the *God of lights* and from whom comes *every good and perfect gift*.

In the be - ginn - ing I call u - pon
that e - ter - nal source,
from whom all il - lu - mi - na - tion flows,
as from the God of lights, from whom comes
ev - ry good and per - fect gift.

2. Way to Peace

The cross leads us to peace. The Crucified Christ redeems us of all temptations of making peace by the means of power or weapons.

Prologue 3: There is no other way to peace but through the most burning love of the Crucified.

Musical score for "Way to Peace" in 3/4 time, key of D minor. The score consists of three staves of music with lyrics underneath. The lyrics are: "There is no oth - er way to peace, but through the most burn - ing love of the Cru - ci - fied." The chords are: Dm, Gm, Dm, A, Dm, Gm, A, A, D.

3. Movement into God

Prayer is the motor of the journey, the mother and wellspring of our spiritual energy, and can stir our heart.

Prologue 5 and Chapter 1,1: Prayer is the mother and the well-spring of the movement into God. It's important that you do not hurry, but just take your time and ruminate slowly and just take your time.

Musical score for "Movement into God" in 4/4 time, key of D minor. The score consists of four staves of music with lyrics underneath. The lyrics are: "Pray - er is the moth - er and the well - spring of the move - ment in - to God. It's im - port - ant that you do not hur - ry, but just take your time, and ru - mi - nate slow - ly, and just take your time." The chords are: F, C, C7, F, Bb, F, C7, F, Bb, F, C7, F.

#. Journey of the Heart

Rising above oneself is the beginning of the journey of the heart leading to true happiness.

Chapter 1,1: Rise above yourself by a journey of the heart to find happiness, and enjoy the highest good!

Musical score for "Journey of the Heart" in 6/8 time, key of B-flat major. The score consists of three staves of music with lyrics underneath. The lyrics are: "Rise a - bove your - self, rise a - bove your - self by a jour - ney of the heart to find hap - pi - ness and en - joy the High - est Good." The chords are: Am G Am Dm Am G Am G (first line); G C E F (second line); C G Am Dm E (third line).

5. Magnify God

St. Francis' Canticle of the Creatures is the backdrop of St. Bonaventure's ecstatic experience of creation.

Chapter I,15: In all creation you may see, hear, praise, love and adore, magnify and honor your God.

Musical score for "Magnify God" in 6/8 time, key of G major. The score consists of three staves of music with lyrics underneath. The lyrics are: "In all cre - a - tion you may see, hear, praise, love and a - dore mag - ni - fy and hon - or your God." The chords are: G Am G (first line); Am D C G (second line); C D7 Em Am G D7 G (third line).

6. Fountain of Delight

Bonaventure revels in the delight of our sense experience, appreciating above all the sweetness of the power, wisdom and goodness of God.

Chapter 2,8: It is in God alone that the true fountain of delight is to be found.

Capo 3

G C G Am

It is in God a - lone, that the true

D C G Am D D7

foun - tain of de - light is to be found.

The musical score is written in treble clef with a key signature of two flats (Bb and Eb) and a 3/4 time signature. The melody consists of quarter and half notes. Chords are indicated above the staff: G, C, G, Am, D, C, G, Am, D, D7. The lyrics are: "It is in God a - lone, that the true foun - tain of de - light is to be found."

7. Truth Within Yourself

All that is in us can lead to the Divine, that is, to Truth itself.

Chapter 3,3: You are able to see within yourself the truth which teaches you.

Capo 3

$\frac{7}{C}$ $\frac{7}{H}$ $\frac{7}{A}$ $\frac{7}{G}$ F Dm G

You are ab - le to see with - in your - self

$\frac{7}{C}$ $\frac{7}{H}$ $\frac{7}{A}$ $\frac{7}{G}$

the truth which teach - es you

F Dm G

the truth which teach - es you.

The musical score is written in treble clef with a key signature of two flats (Bb and Eb) and a 4/4 time signature. The melody consists of quarter, eighth, and half notes. Chords are indicated above the staff: $\frac{7}{C}$, $\frac{7}{H}$, $\frac{7}{A}$, $\frac{7}{G}$, F, Dm, G. The lyrics are: "You are ab - le to see with - in your - self the truth which teach - es you the truth which teach - es you."

8. Rooted in Love

This mantra sums up all that is important in our lives, namely, faith and love. Here Bonaventure encourages us to live an intimate relationship with Christ.

Chapter 4,8: Like a house of God we are inhabited by divine Wisdom. We are made to be a daughter of God, a spouse, and a friend. We are made into the temple of the Holy Spirit, grounded in faith, elevated in hope, and dedicated to God. Let us be rooted and grounded in love.

Capo 1

G D

let us be root-ed and ground-ed in love root - ed

C G D C G A7

and ground - ed made in - to the temp - le of the

D G

ho - ly Spir - it. We are made to be a daugh - ter of

D C G

God a spouse and a friend

D G

made to be a mem - ber a sis - ter

D G G7

and a co - heir of Christ the Head.

The musical score is written in 3/4 time with a key signature of three flats (B-flat, E-flat, A-flat). It consists of six staves of music. The first staff begins with a 'Capo 1' instruction and a G chord. The second staff includes chords C, G, D, C, G, and A7. The third staff has D and G chords. The fourth staff has D, C, and G chords. The fifth staff has D and G chords. The sixth staff has D, G, and G7 chords. The lyrics are printed below the notes, with hyphens indicating syllables that span across multiple notes.

9. All in All

Alpha/Omega—God, the Beginning and End, who is all in all, like a circle whose center is everywhere and whose circumference is nowhere.

Chapter 5,6 and 8: Alpha and Omega, all-embracing, all in all!

Musical score for "All in All" in E-flat major, 4/4 time. The score consists of three staves of music with lyrics underneath. The lyrics are: "Al - pha and O - me - ga all - em - bra - cing, All in All! oh - oh - oh - oh - oh - oh." The chords are: Eb, Bb, Ab, Eb, Bb, Ab, Gm, Fm, Bb, Ab, Gm, Fm, Bb.

10. See the Good

God is all Good, the all-embracing Word of creation. And we are challenged to look for this good God in every human situation.

Chapter 6,2: See the purity of the Good, the Word in which all things are spoken, the Gift in which all goods are given, the Supreme and Highest Good!

Musical score for "See the Good" in D minor, 6/4 time. The score consists of four staves of music with lyrics underneath. The lyrics are: "See the pu - ri - ty of the good, the Word in which all things are spo - ken! Gift in which all goods are gi - ven! See the pu - ri - ty of the good, the su - preme and High - est Good." The chords are: D, A, Bm, G, A, D, D, G, A, D.

11. Union with the One

We are invited to let everything go, to leave all behind, and open ourselves to be embraced by God's love. This is union with the One.

Chapter 7,5: My friend, being strengthened for your journey, leave behind the world of the senses. In this state of unknowing allow yourself to be drawn back into unity with the One.

The image shows a musical score for a song in G major (one sharp) and 4/4 time. The score consists of four staves of music with lyrics underneath. The lyrics are: "My friend, now strength-ened for your jour - ney, leave be - hind the world of the sen - ses in this state of un - know - ing al - low your - self to be drawn back in - to un - ion with the One." The chords are: D, G, D, Bm, A, G, D, G, D, Bm, A, G, D.

12. Ask Grace

St. Bonaventure encourages us to make the Passover into God by an abandonment of all we know for the God who dwells in unapproachable light.

Chapter 7,6: Ask grace, not doctrine; desire, not intellect; the groaning of prayer and not studious reading; the Spouse, not the teacher; God, not a human being; darkness, not clarity.

Ask grace not doc-trine,

not doc-trine, not doc-trine.

Ask de-sire not in-tel-lect,

not in-tel-lect, not in-tel-lect.

Ask the groan-ing of pra-yer not stu-di-ous read-ing,

not stu-di-ous read-ing, not stu-di-ous read-ing.

Ask the spouse not the tea-cher,

not the tea-cher, not the tea-cher.

Ask dark-ness not cla-ri-ty,

not cla-ri-ty, not cla-ri-ty.