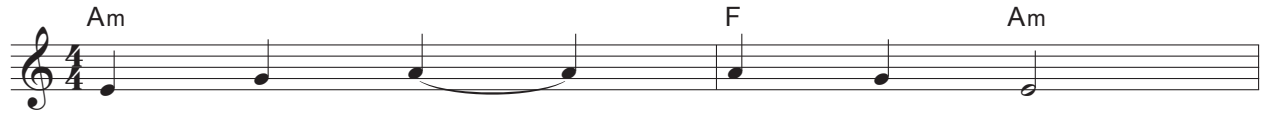


# Empty Jar



1 Emp - ty jar, clear and clean,  
2 Base sheers off on stone be - low,  
3 Liv - ing God, rush - ing free,



dropped in - to a moun - tain stream.  
o - pen now to riv - er flow.  
let your Spir - it flow through me.

WORDS and MUSIC: James K. Manley

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Written during cancer treatment, this ancient image returned to me while I was meditating in the silent service at the Friends Meeting at Claremont, California. I sat with Judith Favor and Howard Fuller, who were instrumental in establishing The Quiet Place for meditation at the nearby retirement home know as Pilgrim Place. My sister, Doris Dejavakh, found a meditation in her Baha'i faith that is very similar.