

# FRANCIS VINEETH VADAKETHALA CMI

*Footprints of a Philosopher-Theologian Mystic*



## Roy Palatty CMI, Spiritual Director, Shalom Media USA

### Growing from Within



**D**uring every generation, a handful of pure souls come into the world as pillars of light, illuminating the way for humankind.

On an unforgettable evening in the year 1999, I met Father Vineeth in the corridors of Dharmaram College, Bengaluru. That meeting was an extraordinary

treasure for me because while I had heard a lot about this remarkable Master, I hadn't yet gotten a chance to speak with him. Our topic of conversation was globalization. As a graduate student in Philosophy, I was so eager to share all of my views with him. Father Vineeth listened to me thoroughly; great masters speak little, but listen more. After listening to all my 'genius' ideas and solutions, he asked me: "Roy, do you think that

without expanding your own self, you can tackle the very idea of globalization?" I couldn't answer him immediately. To be honest, I had never even considered that before. Father Vineeth slowly took apart many of the simple – and silly – solutions that I offered to the pertinent issues and questions of life. Then, he guided me to the stony ground of meditative rationality: It is necessary for a person to grow from the inside out. To make a difference in the world, one must first widen one's own self.

From that very moment, I have always kept a short prayer in my mind: O God, bless me with discomfort at easy answers, half-truths, and superficial relationships so that I will live deep within my heart!

It was not the answers, but the questions Father Vineeth raised that challenged me to expand my consciousness. Yes, you will never grow if you don't grow from within!