

## Letting ourselves fall into God

Falling over isn't pleasant. I experienced such a fall last week whilst on an escalator but it wasn't me who fell. It was a frail lady behind me who didn't have the strength to hold on to the rail as the escalator moved. I heard her moans as her grip loosened and instinctively turned and caught her in my arms as she plunged forward. An onlooker pressed the emergency stop and pandemonium ensued. In the midst of all the panic it seemed as though the lady and I were the only two calm people around. It was as if time had stood still. Not a word was spoken between us. We were just held in each other's gaze and grip and somehow, by focussing on each other, we knew that all was fine.

As I slipped away from the commotion I felt very aware of the beauty of those few minutes. I could also see a deeper meaning to the spectacle that had just taken place. Our daily lives bring so many falls – the physical and the emotional to name a few. At times we can feel that we are bombarded by life's busyness and that we are constantly on the verge of being swept off our feet. So little time, so much to do. Yet my learning heart is noticing how, within these times of difficulty, there is also an invitation to let go and let ourselves fall – right into the arms of God.

I am beginning to realise that one of the surest ways of doing this is by spending some part of my day in silence. Why? Because when we allow ourselves to stop and be still, we learn to travel from the surface and visit the wild places within. We open the door of our hearts and move into the intimate presence of the One who loves us. We give ourselves the opportunity to breathe, to rest, and to allow ourselves to accept God's invitation to us that John O'Donohue talks of in his 'Blessing for Beauty':

*May the beauty of your life become more visible to you, that you may glimpse your wild divinity.*

And this beauty drenches my life.

I experienced such beauty today when I had the privilege to observe a lesson being taught to a group of children with Down's Syndrome. Their enthusiasm as they introduced themselves to me was infectious. One bowed and said, 'How do you do lovely lady. Don't you look nice today?' I couldn't help being equally gracious back and we laughed together so naturally, and it felt so good. A truly sacramental moment. Through his carefree and loving nature this boy somehow let me glimpse his inner beauty, and mine too. My own wild divinity.

And I know that my appreciation of this moment touched me deeply because of a growing awareness within. An awareness brought about by giving myself time just to let go and fall into God. When we weave this time into our daily life, then we begin to understand that at a deep, spiritual level, we live our lives surrounded by the love and tender embrace of God. This is a constant - no matter what the external or internal difficulties of our life are. We may not be able to do much about the problems of the world or change the situation we are in, but if we can begin to accept God's deep desire to love us where we are and as we are right now, then we can and will catch a glimpse of our wild divinity. A glimpse of the eternal beauty that we carry within our hearts and souls. And when we do, we are allowing ourselves, like the lady on the escalator, to fall into the unknown. We are accepting the invitation to fall into God. Into the Beauty at the heart of it all.