

## Week Beginning 5th July – Be a child of the universe

There are mornings when the world seems to be closing in on me. Either I'm giving myself a hard time, or other people are. There is a big temptation to go back to bed. But most of us cannot do that. Many people have similar stories. They talk about days when life crowds too closely all around them. There is no personal space to breathe . . . At a time like this we are overwhelmed by our powerlessness, our energy unusually low and our self-esteem at zero. With our backs to the wall, it is not a pleasant place to be. Yet the spark has not gone out. It is at this point, I believe, that we have a choice.

On the one hand, I can submit to the negative forces. . . But there is another way – the way up and out for distressed and desperate souls. This way is about stopping the futile struggling and surrendering to the Higher Power. It is not about submission to outside pressure, but by opening up to the Spirit we carry within us. Deep in everyone is a wounded, eternal Child of Love (last week's reflection helped us become more acquainted with our inner child). Now we commit ourselves wholly to her presence within us. We call on her; we pray to her; we embrace her. She is our angel of light, our sacrament of God's extravagant power. . . I fill myself every day with thoughts, feelings and sentiments about my Child of Love in every possible way. . . All she tells, in spite of her pain, is the story of love. Only love can transcend fear and death. This reflection is about the second option when we are cornered, at the end of our rope of hope, stuck in one of those desperate moments of our lives. It is then that we turn to the voice within, the voice that whispers, again and again, not to lose heart. Not to despair, to take a deep breath and one more step, to reach out a trembling hand, somehow believing that it will be taken. . . .

Our child is a Child of the Universe. She can see the invisible. She gives all, to receive all. Like a living flame or a burning torch, she lights the way with her passion for loving. She is God-made-heart. With every beat the vibrations of enfleshed compassion become one with the other and one with the ether. . .

'We believe in the Eternal Child, the unlikely prophet in our hearts,

Who teaches us to trust in our passion for the possible . . .

We believe the music of childhood will once again empower

Dead limbs to move and cosmic feet to dance all night.'

(Travelling Light pp 127 – 130)

Follow-up - If you would like to explore mindful meditation, try this simple daily praxis:

Movement can be a fine form of prayer; dance can be pure worship. Clear a little space in your room. Play some lively music. Something with a good swing to it, preferably without words. Wait for a moment to find the feel of it inside you. Try not to think about what to do, which leg to start with or what steps are appropriate. Let the inner rhythm move you; let it lead the way for your body to follow. Swing and sway, jump and dip, gyrate and trot, fast or slow. Do not force the pace but flow at whatever tempo your inside conductor beats out. This exercise is not about proving how acrobatic you are, but about how connected your mind, body and spirit are. Be mindful of what is happening. Soon you will notice a wider intimacy with the elements of the universe. Try to feel the music and the dancing and the movement from your still centre. . . . There are those who believe that four or five minutes of this activity alone, each morning, is the most beneficial to mind, body and spirit, of all possible uses of meditation time. ( Travelling Light p132).