

## Week Beginning 13th December

### - The Heart – A contemplative prayer

O Sacred, Human Heart of God, Gile mo chroi, I place all my trust in you. Yours is the heart that beats in the tiniest insect and in the mightiest galaxy. Yours is the heart that inspires the hope in the most hopeless of us, the vision in those who are building cities in space. Next to you, tonight, O Hero of my heart, I lay down my own heart. What a privilege to listen to the rhythm of that infinite pulse that first sounded, for us at least, in the big creative bang, fifteen billion years ago, that throbs with pure energy in everything that now lives, and that reaches its perfect pitch and point in the loving human heart! All I feel just now, my dearest Heart, is an overwhelming sense of humility, gratitude and deepest wonder. To think that I will now be in your vibrant presence for a silent hour, to know that you love my company and are delighted to be with me, that all I need do is to let you love me. Give me, your servant, O Lover of my life, a listening heart – lebh shomea.

(Travelling Light p 210 -211)