

Week beginning 14th June – Know your heart-power

This reflection is about unblocking our vibrant energies and balancing them, so that the power of our hearts can be released. Like good violins, harps or radios, there are people whose spirits are fine tuned to the voices, the graces, the vibration, the music of other people and of life. Like the membrane in the leaf they can hold it all together in right relationship and in due proportion. By shifting, holding, adjusting, trusting, like the falcon or hawk at high noon, riding effortlessly and perfectly on rising currents of air, they seem to be part of everything and everything a part of them. . There is a sense in which the incarnation could be called the Feast of Balance (but not the balance between two dualistic polarities, which has nothing to do with growing or healing). It is, rather, the moment of perfect holding between time and eternity, history and destiny, body and spirit, humanity and God. It is not fixed and static. It is full of flowing – releasing and returning, imbalance followed by balance. It is the ‘yes’ of creation to the invitation of its creator. At such a moment in our lives, too, everything is possible. Just as the beating of the tiny heart of the baby Jesus set the tempo for the dance of the cosmos, so too must ours, if universal peace and justice are ever to prevail. One of Teilhard de Chardin’s visions was about the way the planets turned and danced to the rhythm of one silent soul in meditation. And it is happening everywhere and all around us, but in another dimension of life , too close for us to see, and which cannot be measured and recorded.

Every time the compassion in our hearts can absorb the distortions of the human condition around us, salvation happens. When our holy instinct for universal fairness swallows up our innate selfishness, the miracles of Jesus become as common as the air we breathe. To be true to ourselves and to others is to be true to God. . . Unbound, our souls are full of God’s truth and compassionate power . . . Unblocked, our ears will hear the perfect music of creation. . .

I like to think that each one of us, when we act out of our true essence rather than out of our false ego, when we refuse to betray our authentic self, when we are in close touch with our own sacred centre, in spite of persistent temptation, persuasion and compulsion to conform and to compromise – that when we act in this way we transform every room we enter, every conversation in which we take part, every relationship we engage in and every project we initiate or join.

(Travelling Light pp114, 115, 116)

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

Try this guided meditation today if you feel a bit ‘under the weather’. Become aware of the rhythm of your breathing. Then enter into the spirit of this imagery. You are walking on wet, swampy ground. It is a stormy day. You are laden with baggage – two heavy suitcases in your hands, bags on your back – and you are struggling against the wind and rain. You are feeling weak and sweaty and very anxious. You feel yourself sinking in the mud and you try to remain upright by grasping the branches of a wildly swaying tree. The flooding water is rising now, up to your knees pushing hard against you and you are losing your balance. You are full of panic. The water is getting higher and the wind is blowing a gale. The swirling, muddy water is up to your waist. The threshing branch is whipped from your grasp. Your belongings are swept away – bags, suitcases, clothes , shoes. You scream as you collapse . . . Then you hear a whisper, ‘Let them go. You do not need them. You have but one life to save. Surrender to God’s power.’ Suddenly you feel light and buoyant, free and flowing, firmly and lovingly supported as you float on your back in a still, calm lake. The sun is warm on your face. Because you are deeply at peace, everything seems so different. The miracle is that everything is different.