

Week Beginning 1st November
– The Mystery – A contemplative prayer

Your mystery is in me from the beginning, O Lord of all. Your being is my being. That means I carry within me your creativity, your artistry, your beauty, your healing, your imagination, your redemptive power. All I need to do is become aware of their presence in my soul. By virtue of your self-gift at my birth and Jesus' self-gift at my baptism, the new life is breaking through each day. I simply claim it with a full heart. O Loving Lord, O Mystery of my life, just to be is to be blessed and to live is holy because you are being and life, abundant and mysterious. Unbidden, you are all around us, you flow through us; all we have to do is to go with the flow. Nothing more is required; the river of life knows well how to take care of us. I abandon myself to your divine providence. With your grace, I surrender completely to the mystery that you are. I will now sit in silence before you, without prayers, without images, and let my whole life fall into your holy hands.

(Travelling Light p 208)