

Daniel's Reflection for week beginning 23rd July

The Mystical Heart

Do you ever wonder at the mysterious beauty of creation, of the stars, of the world, of evolution?

There is a place within you called your 'mystical heart'. It is always searching for hidden beauty. It is that part of you that loves to wonder, to reflect deeply about the meaning of everything – the way things grow, how healing happens, how our bodies work, how our planet turns around the sun, how space seems infinite, how the divine fingerprints are on every particle of matter. Or reflect deeply on how evolution has shaped you, how every cell in your body is a hymn to heaven and a declaration of love? Does your soul delight in recognising the deeper mystery behind the popular TV presentations of scientists and physicists? Your amazing heart is capable of understanding something of this Great Mystery. Nourish it. A friend said that 'the earth was once molten rock – and now sings operas!'

The little space within the heart is as great as the vast universe. The Creator of heaven and earth is there, and the sun and the moon and the stars. Fire and lightning and winds are there, all that makes a human being is there ...' (Hindu Swami Prabhavananda)

(Happiness Habit p83)