

Week Beginning 22nd February 2015

Notice the Grace of Space

We forget to allow our souls to expand into the infinity of God. There is nothing that can threaten or frighten us when God is on our side. If God be for us, who can be against? 'I can do all things in Christ who sets me free.' At unprepared times of fearful pressure and anxious stress, I fill my mind with images of the hugeness of the ocean, the vastness of the sky, remembering that God's power is as immense as these and is at my disposal right here right now. . . So, together with a friend, we have devised a strategy for dancing from the trap of negative or depressing thoughts. We call it the 'wobble-wobble' technique. That is like the minnow or the salmon which, when danger threatens, with a few gracefully-powerful flicks of the tail, slip away into the free spaces. They even use the constrictions of their situation to propel themselves out of reach. And so can we. We have a choice, a vital alternative. We can opt for the grace of space, acting out of our authentic, divine self, or we can refuse to grow, remaining a victim of the fear that surrounds our false self. . .

As the dancer avoids colliding by a sense of graceful rhythm, as the water is guided by the river banks to the sea, or the toboggan, by glancing off the hard sides of the icy run, hurtles to the finishing line, we, by bouncing against the familiar edges of our negative tendencies and not getting snagged up in them, can learn to experience the life-giving grace of shifting into the place of no fear. . . We are simply following scriptural advice to fill our minds with large and mind-expanding images of infinite light and things eternal . . . The Word of God is whispered from our centre, bringing a lightness and lift to all we experience. The abundant life is from the inside out. The holy shrine of power and energy is found within our own hearts. Nothing is impossible any more. . . And the light and the energy flow through us and from us. In that space and dimension of existence, we are always new, always young, always shining. (Travelling Light pp 47,48,49)

Follow-up -

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

Every thought and feeling we have affects the condition of our body. When I ask that, at your moment of prayer this morning, you call to mind some situation or relationship that bothers you, do you notice a change in your heartbeat, a tightening of some part of your body (which part?), a difference in your breathing? Just notice; that is enough. Now every time you exhale, hand over this concern to God, to the Life and Love that is within and around us, who is all-powerful and who loves us unconditionally. In spite of your doubts, make a huge act of faith. 'I believe, O Lord, help my unbelief'. When you pray from your inmost heart like this – those good old-fashioned prayers – the infinite forces of good-will and compassion are already working on what is worrying you. . . As the river knows about flowing, the rose about blooming, and as our bodies know about healing, so too, the life-force, the universal energy of Being, has begun its holy work within us.

(Travelling Light p50)