

**Week Beginning 11th October -
The Seed – A contemplative prayer**

Like a seed in the earth, I curl up in you O God. And like the seed that has to do nothing to grow, as the sun, the soil, the rain draw out from within its essence what is already there, so too with me, O divine Mother. Created in your image, there is no more to add on. By surrendering to your light, warmth and nurturing moisture, the healing and wholeness will happen – is happening. I am content to wait until, according to your will and wisdom, the season for pruning and blossoming comes along. Without a worry about the details of my worthiness, I let go of all thoughts and emotions of guilt, doubt and sinfulness, I only know that you love me more than I could ever imagine; that all you want is for me to let you love me. There is nothing I can do to make you love me one bit more or less. My heart is overflowing with gratitude. That is enough for now. From this moment, and in silence, I let your tender, abundant mother's love wash over and through every self-caused rockfall of sin that blocks my journey to you. During this hour, whether I know it or not, you are preparing the way, making ready the path, where we will walk and talk forever.

(Travelling Light p 206 - 207)