

Daniel's Reflection for week beginning 14th January – Your senses are sacred

Let nature be your teacher; let your senses be your guide

Your senses are sacred. When you are mindful of them they bring you deeper experiences than ever before. When you listen carefully you can hear the silent music beneath the noisy distractions of the day; when you see with attentiveness you notice the hidden loveliness of the most ordinary things; when you touch someone compassionately, you bless them and yourself with many graces. Let nature be your teacher. Simply by watching the sea, the sky, each morning's miracles, the play of darkness and light, you know you belong to something bigger. Let your senses teach you that nature is the first bible. In the turning of the seasons, in the waxing and waning of each day, nature's allure catches for you, reveals to you, and stirs within you the strains and traces of an Astonishing Love.

'May you see what you see through different eyes, hear what you hear through different ears. May you taste what you have never tasted before, and go deeper than your shallow self.'

(From a Masai prayer.)

The Happiness Habit p81