

LEARNING HEART: Weekly Reflections

Summertime 2011 *In Summertime We Dream*

Week Five - Time to smell the Roses

Do you remember the poem from school, 'What is life if, full of care, We have no time to stand and stare?' I'm convinced that one of the secrets of an interesting and satisfying life is to notice things, to be attentive to what is going on around you, not to miss the moment of what is happening, to spot the hidden details of things.

Did you, for instance, notice how full, round and yellow the moon has been recently? How bright the stars? . . . To be aware of such things brings much healing. It is a natural kind of way of de-stressing ourselves. . . . So often we miss the pleasures of the senses. Do we ever stay still for a moment to savour the lovely pink dawn, to feel the different textures of our skin or that of another, to taste the wet spurt of the apple in our mouth when we crunch it, to sense the feeling of our body on the first really warm day of Spring or, just in time, to notice the beauty of the small cobweb we were just going to destroy?

What we fail to notice is usually right in front of us. Have you ever dwelt, with a kind of reverence, on the miracle of the human body – your own and others – when you run up or down the stairs after your children, when you hold the one you love closely, when you taste the rain on your tongue, when you feel the strength returning to your limbs after an illness, when you relax in a hot bath after a trying day? . . .

Sitting in a garden and noticing all the teeming life among the blades of grass and weeds gently takes our minds off ourselves and provides a breathing space for our troubled souls.

We begin to celebrate the sacrament of the present moment.
(*Prism of Love* p 79)