

## Week beginning 3rd August To Be is to Be Blessed

To be truly present requires persistent awareness, attention, focus, the ability to stay with, to wonder at, to be lost in, to wake up to the holiness of the present moment. That is the reason for the prayer of quiet, for contemplation, for pursuing the mystical path. That is the reason for celebrating the sacraments, with all those natural elements that remind us of God's energy already flowing through all things. Without a deep awareness of God's healing presence in every aspect of time and space, from the beginning to the end, and in every split second and split atom in between, our celebration of baptism and Eucharist can never be authentically sacramental. I only want to indicate, with large brush strokes, the fundamental principles for holding that to 'simply be' is enough. We can say such a thing with faith and courage because, working backwards and forwards from the revelation that was Jesus, we now know that God is always offering God's own self in every dimension of life. Every created moment and thing is a blessed sacrament of God's real presence. Whenever, for instance, we experience the heartfelt feelings of anyone, we are experiencing God. Whenever we truly love anybody, we somehow redeem that person forever, because our love is, as St Augustine said, divine love incarnate. When we forgive somebody, that person is forgiven by God. This is so amazing that most people dismiss it as untrue. It is too simple and too profound. To love anyone truly is to be another Christ, to be God incarnate . . .

Divine beauty is already lying in abundance at the fingertips of our hearts and bodies. In Daniel Ladinsky's *I Heard God Laughing*, the fourteenth century Persian Sufi poet Hafiz had his own *unique way of putting it*:

*One regret, dear world,  
That I am determined  
not to have When I am lying  
on my deathbed  
Is that  
I did not kiss you enough.*

(*Treasured and Transformed* pp147,148)