

Week Beginning 29th November – The Touch – A contemplative prayer

Under your healing touch, O Divine Physician, I sleep. I do not stop your hand any more. You are the one who restores my soul to health. I have tried too often to heal myself and failed. I am weary of striving. I cannot set myself free. The blockages are too many. Under the anaesthetic of your holy power, I believe and wait. One day you will unblock all my resistances to your life-giving energy – my physical, emotional, spiritual and mental blockages. Each day the awareness of my sickness, weakness, addictions and negative compulsions grow stronger. I am powerless before them, twisting and turning as I do, to shake off their grip on my soul. I do so no longer. I finally trust and submit to your infinite commitment to my total well-being. My life is in your hands. It is not mine any more. I await your touch of fire, your wound of love. As I fall in love with you, the chains that bind me now will fall away without effort. In the silence of my waiting I praise you and I thank you with each breath I draw, with each beat of my heart.

(Travelling Light p209 - 210)