

Week Beginning 18th October - The Water-drop– A contemplative prayer

You are the ocean, my God, and I am the fish. You surround me, you fill me, you sustain me; you are before me, behind me, below me, above me. In you I live and move and have my being. I cannot escape from you even if I wanted to. And to do so would be death. I swim in your very being. You are the grace and energy in everything I do, think and say and feel. I am the drop of water that disappears into your river. I lose my ego, my false self and find my true identity in you. I must decrease and you must increase. This decreasing may mean my readiness to be flung into the torrents and over waterfalls in blind leaps of trust. In this death to myself, O Tremendous Lover, I become more radically human and truly free than ever before. So now, I let myself fall into you and sink into your heart. I make no other effort. I allow myself to be transformed into you, however and whenever you choose. This morning, I am content to sit here and wait. I am happy to be here. I am a fish in fall into you and sink into your heart. I make no other effort. I allow myself to be transformed into you, however and whenever you choose. This morning, I am content to sit here and wait. I am happy to be here. I am a fish in our ocean, a water-drop in your river.

(Travelling Light p207)