

Week Beginning 15th March – Where is your bright face?

Another practice I use at difficult times is about 'breathing in' God's light to transform my darkness. As I sit I hold my arms out wide and visualise God's power filling my body. I imagine divine energy flooding from my innermost centre where the Blessed Trinity lives, up into my lungs, veins and heart, pumping through my arteries carrying and incarnating the divine love into every pore and cell along the surface of my skin, bringing to my countenance the 'shine and sheen' that Thomas Aquinas, the greatest Catholic theologian wrote about. . . I imagine a rainbow of light around my body, a kind of Celtic caim encompassing me. I allow myself to be taken over by the lightness, brightness and beauty of God. . . I pray to become translucent so that nothing in my heart, mind or body will ever obscure the radiance and shining of the God within me, that I may be an epiphany of divine loving. 'Make me a channel of your peace. May I be a unique sacrament of your compassion O Lord.' . .

There is nothing without God's light and lightness. When drawing out the wisdom of this, I reflect on the cosmic unity of all things. Because Christianity has always been the greatest champion of a mystical intimacy at the heart of nature of the universal indwelling of the Holy Spirit of energy, of the brightness of the divine artist in everything that exists, it is a pity that so many fearful Christians resist embracing this most energy-giving and spirit-quickening truth. There is a stream of light holding all things in creative tension and flow. . .

One bright day the world will wake up from its nightmares of greed and avarice, its mad self-destruction and inhuman evil, and, just in time, the holiness of universal energy will be revered. The planet earth will be revered as the Child of God and the Mother of Life. The harsh dualism of religious dogmas and profit-crazed power-brokers will be transformed by a deeper life-force that will transform our blind addictions into true vision. 'One bright day, and make it soon O Lord of Love, O Woman of Life, breathe a new and loving wisdom into our ignorant and selfish hearts. Restore them to their true image and wonder – the image and wonder of you.' (*Travelling Light*, pp65,66,67)

Follow-up - If you would like to explore mindful meditation, try this simple daily praxis:

When settled in your position for prayer today, begin as usual to let go of every thought and distraction, shift into the inside place, attend to the moment-to-moment unfolding of the 'here and now' in a feeling of calmness. As you 'centre' yourself and feel the connection of your feet with the ground, imagine, as the middle-ages mystics did, a line of energy running into your body from the depths of the earth. In this grounded position, have an image of the life-forces from the fire at the earth's centre through to its surface, filling your body and circling around your heart. Then shift your attention to the power and radiance of the sun and draw down its healing force through your head, into your body, to circle around your heart. From below and above you are filled with the universal energy of Being. The Holy Spirit who renews the face of the earth is now renewing your body, mind and soul like a new creation. . . Finally, extend your arms from your sides, at shoulder-height, and turn slowly through the four directions, tracing a circle of power, the Celtic caim of protection around you. (*Travelling Light* p 68)