

A Moment of Grace – from a Retreatant



I knew it was a precious experience of love but I would not then, have described it as spiritual. I had been present at the birth of my young friend's son, Ala. That, in itself, creates a special bond with a baby. Some weeks later he was lying on a mat, and I was looking down into his eyes. I became aware that we were not just looking into each other's eyes but into the depths of each other, and really communicating for a timeless moment. I think I was probably talking to baby Ala, and he may have been gurgling back. What was striking was my intense awareness of something profound, special and loving happening.