

THAT WE MAY BE ONE DVD 5

The Present Moment and All That Is.

One advantage that Centering Prayer offers is that it establishes the letting go of self, the total sacrifice of ourselves, as the orientation and direction that grows along with our relationship with God.

Contemplation and action are not separate but express themselves according to circumstances.... The presence of God relativizes all human experiences in a way that transcends them without necessarily delivering you from...suffering. From the deep strength within us... of the Divine Indwelling, the Spirit gives us the courage,...to let all happen..

We're experiencing a blast of all kinds of communication in a way that no generation ever had to face before. It's a marvelous metaphor of our relationship with God which has no limits and has immense possibilities.

In the Body of Christ, ...Everything is important. Everything human is God texting us. ...showing his love for us, inviting us to transcend some or all of our limitations. God's whole being,... is focused on us, as if we were the only creature there was.

So, the present moment, we might say, is the computer through which God is always communicating with us. So, if we think we're alone, we're mistaken. As long as you have your cell phone on, you're in touch with all the world. It's a good symbol of the divine relationship, because in relating to God, you're relating to everything that exists....

The sense of smell, for example, becomes an attraction towards interior silence and peace; in hearing you melt into a sound; in seeing you melt into the tree; and in touching, God sometimes embraces us or kisses us. Finally, in tasting you experience the inner presence of God, which is both nourishing and delicious. It's that kind of experience that enables the difficulties on the spiritual journey to be overcome,

The awakened state or the non-dual does not think about right and wrong, because such persons are ...under the direct influence of the Spirit. So, there's no need to think of self or the past or to worry about the future but only of now. -

...non-duality is really dual consciousness in which you are able to give your whole attention to the duties or expectations or what the senses are telling us with all the distractions of life, while at the same time never leaving this conviction ...that you're always in the presence of God ...

The last thought is we stop making efforts to remain in the presence of God and just take everything as it comes. This is to be in the present moment. That's the only place God is. So, if you're there too, then all you have to do is to accept what's happening,...that you will be guided regardless of how many faults you have.

So, what's the point of living? As far as I can see, it's to give God the chance to take over our very complicated human lives and situations completely... We don't have to think about it if we are in the present moment. It is happening.

Points to consider and scripture for Lectio

The Advocate, the Holy Spirit that the Father will send in my name will teach you everything and remind you of all that I told you.

John 14: 26

We can be profoundly at peace and create a context of peace for others, surrounding them with caring love and listening attentively to the communication of their hearts, if we ourselves are in touch the Source of peace and are acting out of that Source. ... We can do this by regularly making time to let everything else go, and rest in the Source at the centre of our being. ... The contemplative experience of God ... will lead to a world where there will be no one to fight ... in a word, to a new level of consciousness.

M. Basil Pennington, *A Place Apart*

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By letting go of our doubts and turning them over to God, the presence of God begins to grow even in the midst of activity and adversity. ... From the deep strength within us because of the Divine Indwelling, the Spirit gives us the courage, the humility, and the trust to let all happen. The present moment, you might say, is God's way of communicating to us. It's God's texting us, so to speak.

*If I take the wings of the dawn
and dwell at the sea's furthest end,
even there your hand would lead me,
Your right hand would hold me fast.*

Psalm 139: 9-10