



Inundating the world with the Energies of Love

Sunday 4 October 2020

Opening Reflection by Corrie van den Bosch MSS

The inspiration for this day of prayer came from the awareness of our wounded world and the appreciation of the power of collective prayer and meditation for the good of others and the world.

Our world is deeply wounded in many ways and in every place: poverty, oppression, wars and violence, sickness, racism, loneliness, etc. Earth itself is hurting because of environmental degradation, global warming and the extinction of species. On top of that, we have Covid-19 and its impact on people, societies and economies.

All of us know some people and situations of suffering that tug at our hearts. We are also well aware of the global issues that plague our world. Let us pause a moment and let some specific instances come to your mind..... It is for these, and all other people, places, creatures and situations of suffering that we gather for prayerful meditation today, that we might be – and become – a healing presence in our world.

I was listening to a podcast by Cynthia Bourgeault in which she discusses her new book, *Eye of the Heart*. I was particularly struck by the way she spoke about the power of virtues: love, peace, joy, patience, forbearance, forgiveness, courage, understanding, gratitude, etc. She said, "these are not just qualities that a person lives by; they are packets of energy that are food that heals and nourishes the world, the Earth and the cosmos." Energy and food to heal and nourish...

When we chose as the theme for this day of meditation and prayer, 'Inundating the world with the Energies of Love', we invited you to participate in something very powerful. To meditate or pray individually is a powerful gift to the world. But to gather the energies of many people who intentionally unite in prayerful meditation, is truly releasing a force for good. And our world desperately needs it, as we are all aware.

Just as the virtues are wholesome food, their opposites are toxins, poisoning the world, the Earth and the cosmos. All of us to today, as we unite to inundate the world with the energies of love, are administering a powerful antidote to those poisons.

The expression, the 'energies of love', comes from Teilhard de Chardin, a Jesuit priest, a scientist, palaeontologist, mystic and prophet ahead of his time. He died in 1955 aged 73 years. Teilhard had an extraordinary sense of the sacredness of matter, seeing the presence of Christ at the heart of matter, Earth, the Cosmos. That Christ

presence he saw as the Fire of Love, and he saw our role in the evolving universe, to harness that Love. He wrote:

*Some day,
after mastering the winds, the tides and gravity,
we shall harness for God the energies of Love,
and then, for a second time in the history of the world,
humans will have discovered fire.*

We have come a long way in harnessing the energies of wind and tides and gravity. But we human beings have not yet learned to so live that every being on Earth, human and other-than-human, can flourish. For this, we need to harness the Energies of Love. And that is our mission. That is what we are doing as we gather here today:

*to harness the Energies of Love
for the healing of the world
and the flourishing of all beings.*

The Energies of Love are all about us and deep within us. Take a moment to touch into your heart and your own experience of love – love for parents, grandparents, for family, spouse, children, people and places, and their love for you. Notice what happens in you as you become aware of the many ways you have experienced and continue to experience, love. Notice what feelings arise in you – feelings of tenderness, intimacy, joy; and also, feelings of pain, of suffering and loss, which are an inevitable consequence of opening our hearts to love and be loved. That suffering itself is an indication of how deeply we love.

Beyond these very immediate and personal experiences of love, we also know a larger love: the love that responds with understanding and compassion to suffering people we don't know, such as people in poor countries, or caught in war or natural disasters, asylum seekers, not welcome anywhere. We don't know them personally, yet we are moved by their plight. We know of people willing to risk their own lives for the sake of another, even a stranger. Perhaps you are one of those people.

And beyond the human experience of love, we see some amazing expressions of love in animals. And beyond that? There is "the Love that moves the sun and other stars" (Dante), the love that is the life-force of the Universe, the life-force of each of us, the Source of all that is. It beats in our hearts and courses through our veins. It unites us with every other being that exists, in one great web of Being. And, as we read in the Christian scriptures, this love is God, for God is love. We are totally enveloped, down to our deepest core, in Divine Love, and mostly are not aware of it.

We gather all these dimensions of love into our awareness this afternoon. I invite you to bring your focus to your breathing, letting its gentle rhythm quieten you within, becoming fully present in this moment.

As you breathe in, invite the energies of Love to fill you.

As you breathe out, send the energies of Love into the world, bringing healing and peace to all beings and to the Earth itself. If there is someone in your life with whom you are not fully at peace, envelop that person in love.

Or, you may find it helpful to focus on some particular people or place of suffering, and as you send the energies of Love there, know that they will go beyond them and join the tidal wave of divine Love over the World.

Let your heart and your breath lead you through this precious time of stillness.