

The Living Point of Love

Nothing on earth so beautiful as this:

*Heaven and earth meet here,
and meeting kiss, though it is night..*

John of the Cross, "Song of the Soul"



For here the soul feels very like a mustard seed...which sends out from itself
to the circumference a bright and burning fire of love...

In this ...there seems to be in herself a sea of loving fire

which reaches the heavenly and earthly spheres filling everything with love.

It seems ...that the entire universe is a sea of love in which it is engulfed,

for conscious of the living point or center of love within itself, she can see neither limit nor end

where this love might cease, feeling within herself ...the living point and centre of love.

Living Flame of Love 2:10 Trans Colin Thompson

Embracing Stillness

O enkindled Love,
Consuming, enlightening fire,
Penetrate into the deep caverns of my soul.
Wound me this day with your love.
Pierce through every veil of fear
that keeps me distant from you.
Caress, burn, glow
until my heart becomes all yours.

Ruminating on Scripture

Your eyes are going to look on the beauty of the divine,
they will see an immense country; Isa 33:17

So they shall receive the royal crown of splendour, the diadem of beauty
from the hand of Holy Silence; for God will shelter them and enfold
them in silence. Wis 5:16

I loved wisdom and searched for from my youth;
I resolved to have her as my bride, I fell in love with her beauty. Wis 8:2

Arise, make haste, my love, my dove, my beautiful one, and come;
for now the winter has passed, the rains have gone far off,
the flowers have appeared in our land, the time of pruning has come,
and the voice of the turtledove is heard in our land. Sg 2:10-12

The glory which you have given me I have given them that they may be one as we are one,
I in them and you in me; that they may be perfect in one; that the world may know
that you have sent me and loved them as you have loved me. Jn 17: 21-23

Contemplatio

With no other light than the one that burned in my heart. Dark Night Poem

“The soul's center is God. When it has reached God with all the capacity of its being and the strength of its operation and inclination, it will have attained its final and deepest center in God, it will know, love, and enjoy God with all its might”

Living Flame.prol.12

...it is as though the soul were to say: How gentle and loving...
is your awakening, O Bridegroom Word, in the center and depth of my soul,
which is its pure and intimate substance, in which secretly and silently,
as its only Lord, you dwell alone, not only as in your house,
nor only as in your bed, but also as in my own heart,
intimately and closely united to it.

And how delicately you captivate me and arouse my affections
toward you in the sweet breathing you produce in this awakening,
a breathing delightful to me and full of good and glory... LF4:3



- ◇ In this way of contemplation John draws us into our hearts, into the wine cellar in the inner depths of our heart garden, to find a place to rest in the soft darkness of unknowing. John leads us into: “loving and peaceful attentiveness in God.”
- ◇ After pondering the divine beauty radiating through these amazing words about the beauty of created being, I invite you to behold as the Beloved beholds you and see yourself as beautiful, joyfully immersed in the beauty of creation. Encourage your imagination to go into the mountains where pure water flows, and then further into the thicket, or sit in the garden, or to imagine a secluded garden. Inhale Love’s perfume blossoming with the desire of the Beloved.
- ◇ John invites us to take “no other guide or light than the one that burns in my heart,” so becoming attentive to the infinite flame of love with your heart, follow its luminous rays.
- ◇ As you enter into the cellars depths notice the beloved waiting in the shadows.
- ◇ Feel the pull of the energy of desire drawing you. Lean into each other in an infusing love
- ◇ that takes you into a soft darkness. Remain loving the beloved, one in another, gently abiding.
- ◇ Infused in the Love’s gentle presence, feel within yourself the living point, the centre of love.
- ◇ Feel its luminous beauty radiating beauty through every particle of your being.
- ◇ With a tranquil heart repose in quiet, remaining loving the Beloved.

The Music of Silence

Beauty infuses in the glow of Silence

Pondering the Mystery with John of the Cross

“In your sweet breathing”

And this kind of spiration (breath) of the Holy Spirit in the soul, by which God transforms her into God’s self, is so sublime, delicate, and deep a delight that a mortal tongue finds it indescribable, nor can the human intellect, as such, in any way grasp it.

Even what comes to pass in the communication given in this temporal transformation is unspeakable, for the soul united and transformed in God breathes out in God to God the very divine spiration (breath) that God - she being transformed in God breathes out in God’s self to her. SC39.3

John of the Cross, teaches us how to enter into the mystical marriage into the inner wine-cellar of our heart through his evocative symbol of “dark nights”. Night holds all the mystery, romance and delight of love as well as the creative tension between the fear of obscurity, and the security of illuminating darkness. Night embraces the dance between absence and presence, ascent and descent, movement into our heart and movement out into creation, dying and birthing. Night is the womb of solitude where Beloved and lover are transformed into each other. “Night” infuses us in eternal wisdom and sustains us as we take the way of the darker nights of contemplation.



In John's way of understanding the human person, we undergo the many phases of nights of sense and spirit as we experience deeper and fuller mystical union, because, our awareness is obscured and we feel we have lost our centre. Though we are always one with God in our substantial soul, one in image, one in the deepest inner centre of our heart, we have lost vision of the truth that we are one in the boundless love of the Trinity (See 2A5.3). We are distracted and not "like" God in all things. For John, the return to knowing the reality we already dwell within, occurs through falling in love with Christ the Word of God, who is Wisdom personified, entering into the nights of contemplation and becoming one with Christ, the Beloved Word-Wisdom in the mystical marriage.

As the nights unfold and we learn to see beyond the darkness, we are touched by this uniting presence, until our awareness becomes more stable and we realize we really do dwell within the delights of the mystical marriage. One in the Beloved, we discover ourselves anew, and realize we are breathing with the breath of the Trinity. We see darkly through contemplation the exquisite love we already dwell within. Poignantly, for John, this return to our original likeness takes place only through love.

In his *Canticle*, John explains the nature of the contemplation (*la contemplación*) in the night: "In contemplation God teaches the soul very quietly and secretly, without its knowing how, without the sound of words, and without the help of any bodily or spiritual faculty, in silence and quietude, in darkness to all sensory and natural things" (C39.12). Quietly and secretly in the darkness of our heart, tenderly, beyond words and images, Christ, Word and Wisdom fills us with a loving knowledge of the boundless love of the Trinity. "The language of God has this trait", John says in *Night*: "Since it is very spiritual and intimate to the soul, transcending everything sensory, it immediately silences" (2N17.3). The contemplation is ineffable. It is "Ah, ah, ah! [Jer1:6]" (2N17.4). It is "Pure Spirit to pure spirit". (2N17.4). It is like "hiding the soul within itself" (2N17.6). It is as if we are being engulfed in a "secret abyss" (2N17.7). Our response is to wait in silence and quietude in "loving and peaceful attentiveness in God" (1N10.6).

In the delightful loving of Pure Spirit in spirit, we begin to breathe in the sweetness of the breath of the Trinity. In this sweet breathing we experience the delicate delight of returning to our identity inspired through the breathing of love of the Trinity. Our only desire is to remain centered in love breathing out in God in the one breath of the Spirit. breathing love. As we attentively breathe within this Trinitarian love within creation, we enable the creative breath of God to create more life, more peace more beauty.

How well I know that fountain, filling, running,
although it is the night.
That eternal fountain, hidden away,
I know its haven and its secrecy
although it is the night.
But not its source because it does not have one,
which is all sources' source and origin
although it is the night.
No other thing can be so beautiful,
here the earth and heaven drink their fill
although it is the night.

This eternal fountain hides and splashes
within this living bread that is life to us
although it is the night.
Hear it calling out to every creature.
And they drink these waters,
although it is dark here
because it is the night.
I am repining for this living fountain.
Within this bread of life I see it plain
although it is the night.

"The Fount," John of the Cross, trans.
Seamus Heaney from *Station Island*, XI.

Blessing

Centered and infused in the living point of your love,
Wisdom—Word—Beloved.
Whether we feel in the depths of night or at the rise of dawn,
may we delight in your presence as we breathe love
into creation today. Amen.

