

# Contemplatio

God remains in her and she in God

(1 John 4:15)



- \* The Heart of our hearts draws us, knitting and oneing us, opening us into endless loving. We come as one communal heart of love, gathered in a quantum sea of love, wave and particle oned, evolving in heart awareness. Love's yearning is unquenchable today, on this feast of the Sacred Heart. We hear the deep yearning of Jesus, "Come to me, ...and I will give you rest." (Mt 11:28). Tenderly, longingly, we come.
- \* Love wraps and enfolds us into an embrace, so affectionately, effortlessly, calming, enveloping our sensuality, softening, liquifying in the marrow of our soul. Love gentles our active mind into the shining luminosity of our luminous heart-mind.
- \* The stirrings of Love rise up from the depthless silent ground of our heart, illuminating a subtle heart awareness of heart in heart, faintly, quietly, melodiously, until there is only the deep peace of pure heart perception. The depthless silent ground fuses our awareness. Love melts us into itself, so that we may pour out the depthless stillness of peace to each other and to our world, in a oneing communion. We are one silent, still ground of timeless heart loving.
- \* We feel the magnetism of the centre drawing us deeper and deeper. We yield some more, dissolve, rest, in the one heart, of silent, still, heart awareness. One in the heart-womb of the Heart of all hearts, we abide. Resonances of silence pulsate, enflame, within the rhythms of oneing stillness.
- \* We sense the ripples of oneing enveloping, enfolding, kneading, every particle of our being into heart awareness. We are drawn deeper still, into the silent middle. We melt, sink, deeper still, into the divine tear. Vulnerable Love with us, in us, in our tears, in the tears of the universe. A wounded heart—a wounded heart-body of Christ, loving, weeping, holding all things in the one divine Heart.
- \* The tears dissolve, we dissolve, love breathes, light floods, seeps, oozes out, creating endless horizons of fertile newness. We become a light-body of tender compassion, one heart in the Heart of God.
- \* We listen in the silence to the breath of stillness, inhale the aroma of love's incense, taste the hidden sweetness, swallow, one, oneing, oned in the one cosmic Heart.
- \* The rhythm of the divine Heart-beat stills us into a rhythmic being in one another, with one heart beat, one breath, one love inpouring, outpouring, in the ever emptying fecundity of compassion.
- \* Our luminous heart glows as Love's fullness overflows abundantly, lavishly, extravagantly. We are one light filled Sacred Heart, diaphanous in the timelessness of heart loving.

Blessings of love, Kerrie Hide