

## Contemplatio

*The Spirit poured love into their hearts. Rom 5:5*



- ❖ Like the earlier lovers of Jesus gathered at Pentecost, we gather in this noosphere of love, as a communion of hearts, in this *point de temp* of Spirit presence (on the eve of Pentecost).
- ❖ This is the Spirit, Ruah, Breath, Wind, Fire, who hovered over the face of the earth, flowing, encircling, infilling, inspiring, breathing consciousness into creation, awakening the Spirit of earth, of sky, plants and animals. This ever creative Spirit stirs, animates and gives life to us. This is the primordial Spirit of this ancient land, of this universe, of the cosmos, of Jesus, risen as the Christ, inpouring in every in breath, outpouring in every out breath, swelling our hearts with love.
- ❖ As we become aware of our breath, breathing in and breathing out, we notice the rhythm of our breathing. We gently observe the flowing in and flowing out, until our breath comes to settle into a heart-soul-spirit breath. We feel the lightness of this heart-soul-spirit breath within, the stirrings, the touch, the subtlety. In this heart-soul-spirit memory, we sense the intimacy of the Spirit, knitting us our mother's womb, knitting us into the love knot in our origin in Love's Trinity. Here we are naturally in rhythm with the Spirit breathing in and through us in Love's Trinity.
- ❖ Softly, almost motionlessly, with heightened sensitivity, we realize our breath is the one breath. Our awareness is now in the one breath. We softly yield, surrendering, enabling this one breath to find its organic rhythm of Spirit breathing. We breathe naturally in rhythm with the Spirit breathing.
- ❖ Gently, as our breath becomes more natural, one with the holy breath, we breathe out to creation, into the suffering, the fear, the loneliness, the isolation of creation groaning. We breathe into the length and breadth, height and depth of the cosmos. We breathe into the depths of our own centre, drawing us deeper and deeper into the ground of Love's silence. Our awareness ones and we breathe from our centre, in the heart-spirit-breath of Ruah.
- ❖ In breathing in, Ruah in us stirs, spirals, gathers, soothes, softens, drawing us deeper and deeper into the ground of Love's silence. Ruah infuses even more subtly, beyond all sensations, into stillness, silence, oneing. The silence is fertile. We breathe from the still point, from the kiss of oneing, that draws us within in ecstasy, opening us into the vast, spacious, luminous oneing of Ruah. We are one Spirit-sphere, of love infusing. This heart breath is so alive, so pristine, it feels like silence enflaming. Love intensifies, one breath, one silence, one heart, one love. We are filled with the Holy Spirit.

Blessings of love, Dr Kerrie Hide

