



"I woke in the night and suddenly, to put it very briefly, I experienced myself as love. It felt like an unbelievably strong and powerful love an energy which was both scintillating white and self-knowing -- and it was coming from me. This I found extraordinary, because I didn't know then that such love could emerge from me, or from anybody. And so I was stunned. Then this energy exploded, and I saw that everything is 'made' of that same love. It was a very short experience, but it changed my life."

Frederico Faggin, a physicist who invented the world's first micro-processor has recently devoted himself to the study of consciousness.

SUGGESTION: Spend a few days or more praying with this Reflection sheet.

PRACTICE: Sit quietly for a few minutes. Bring your attention to the center of your heart, the wellspring of Spirit. Rest in the frequency of LOVE.

*Only when attention is rooted in the heart,
in that deep wellspring of Spirit,
in that human-divine frequency of Love,
is radical compassion and love possible.*

The awakening of God within the human heart is experienced as God's waking up and gently breathing love from the very core of a person to every thought, emotion, desire, action. ...

The person then "knows" with a deeper kind of participatory love-knowledge, for when Divine Sophia, the Beloved, the Word "awakens" and "moves" in this way, altering permanently and radically one's vision of reality, then absolutely everyone and everything is experienced as indissolubly and harmoniously interconnected and part of an energizing Mystery that binds everything together. ...

To see a 'trace' of God's passing in the beauty of creatures and the wonder of the earth is one way of knowing and experiencing God. We learn to love God through this experience: finding God in all things! To see and possess the beauty of the created universe and everyone and everything in it in God is quite a vision.

My Beloved, the mountains,
and lonely wooded valleys,
strange islands and resounding rivers
the whistling of love-stirring breezes.

These mountains—my Beloved is this to me! These valleys—my Beloved is this to me! God is this to me. The Beloved becomes everything and yet everything becomes the "Beloved" one, the Sophia of God ... This identification ... is the mystical basis for an intimate and compassionate human presence to other humans, to the earth and to all living things.

Connie FitzGerald, "Transformation in Wisdom," in *Desire, Darkness and Hope*, 287-9

Last night while I was sleeping
I dreamed—blessed illusion—
a fountain flowed
inside my heart.
Water, tell me by what hidden
channel you came to me
with a spring of new life
I never drank!

Last night while I was sleeping
I dreamed—blessed illusion—
I had a beehive
inside my heart,
and from my old bitterness
the gold bees
were contriving white combs
and sweet honey.

Last night while I was sleeping
I dreamed—blessed illusion—
a fiery sun glowed
inside my heart.
It was fiery, giving off heat
from a red fireplace.
It was the sun
throwing out light
and made one weep.

Last night while I was sleeping
I dreamed—blessed illusion—
that it was God I held
inside my heart.

Antonio Machado