

The power of love

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Meditation [requires] simplicity. As Jesus tells us, “Whoever does not accept the kingdom of God like a child will never enter it.” The kingdom of God . . . is the power of love established in our hearts. The marvel . . . is that each of us is called to realize that this power is really and presently in our heart. But to come to this realization we need to be simple. We must become like children . . . and come to the understanding that we are good and have a capacity for goodness. It is a goodness that cannot be measured, only known in relation to the infinity of God and the boundless Spirit that lives in our heart.

Once our spirit is opened to the Spirit of God, division is over. We do not have to play games anymore. We can act consistently from our deepest integrity. Nothing can divide our heart once we are open to the Spirit. We have only to learn generosity of heart to be wholly at the disposition of God in the utter openness of love, without demands or expectations of reward.

After meditation: “Did This Ever Happen to You” by Franz Wright in *GOD’S SILENCE* (New York: Knoph, 2006), p. 22.

Did this ever happen to you

A marble-colored cloud

engulfed the sun and stalled,
a skinny squirrel limped toward me
as I crossed the empty park
and froze, the last
or next to last
fall leaf fell but before it touched the earth, with shocking clarity
I heard my mother's voice
pronounce my name. And in an instant, I passed
beyond sorrow and terror, and was carried up
into the imageless
bright darkness
I came from
and am. Nobody's
stronger than forgiveness.

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