

Messengers from the Mystery

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As we approach the center of our being, as we enter our heart, we find that we are greeted by our guide, greeted by the one who has led us. We are welcomed by the person who calls each one of us into personal fullness of being. The consequences or results of meditation are just this fullness of life—harmony, oneness and energy, a divine energy that we find in our own heart, in our own spirit. That energy is the energy of all creation. As Jesus tells us, it is the energy that is love.

***After Meditation*, from THE SOUL OF RUMI: a New Collection of Ecstatic Poems, tr. Coleman Barks (New York: HarperCollins, 2002), p. 33.**

Love is the way messengers
From the mystery tell us things.

Love is the mother.
We are her children.

She shines inside us,
Visible-invisible, as we trust
Or lose trust, or feel it start to grow again.