

The simplicity of love

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11 October 2024



From Laurence Freeman OSB, *Forgiveness and Compassion*, ASPECTS OF LOVE (London: Arthur James, 1997), pp. 72-74.

The only way to deal with the complexity of human relations is to learn simply to love. We learn that love is the unifying force in every human relationship whether it is a relationship with those closest to us, or those who have hurt us . . . or the way we relate to humanity at large, to the down-and-out in the street or to the suffering we see daily in the media We learn that it is the same love that relates us to all of those. The only way to deal with the complexity of human relations is the simplicity of love. In love we do not judge, we do not compete; we accept, we revere, and we learn compassion. In learning to love others we release the inner joy of being that radiates outwards through us, touching others through our relationships. This is why communities, families, and marriages do not exist solely for the perfection of the people in those. . . relationships. They exist also to radiate love. . . .beyond themselves, radiating joy, that simplicity of love beyond themselves, to touch all those who come into contact with it.

It was John Main's vision of human community, that community is made possible by the commitment we each make in solitude to the most profound relationship of our lives, which is our relationship with God. This is why in learning to love others we come to a new insight into the unity of creation and into the basic simplicity of life. We see what it means to say that love covers a multitude of sins. Forgiveness is the most revolutionary

and transforming power of which we are capable. It teaches us that love is the essential dynamic of every relationship, the most intimate, the most antagonistic as well as the most casual. It's the very ordinariness of our daily meditation that reveals to us how universal is the way of love.

**After Meditation: From The Path of Light by David Adam SPCK 2009 page 102.
Written on Lindisfarne.**

Within each piece of creation,
within each person,
the hidden God waits
to surprise us with his glory.

Within each moment of time,
within each day and hour,
the hidden God approaches us
calling our name to make us his own.

Within each human heart,
within our innermost being,
the hidden God touches us,
to awaken us and reveal his love.

Everything, everyone is within God,
all space, all time and every person.
The hidden God asks us to open
our hearts and our eyes to his presence.

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