

*“Life is this simple:
We are living in a world
that is absolutely
transparent
and the Divine
is shining through it
all the time.
This is not just
a nice story
or a fable.
It is true.”*

Thomas Merton - Christian Mystic



Mystics continue to assert that we have the ability to perceive the Divine shining through our daily lives. To truly consider this as a real possibility means reflecting on how to experience it for ourselves. And, will we recognize it when we succeed?

So many of us have come to believe that if we could perceive the Divine in daily life, then that life would suddenly become simple by virtue of having the complexity disappear. This is not, however, the case. Once again, simplicity and complexity are inseparable lovers continually giving birth, again and again, to life itself.

If it is true that the Divine is shining everything, then we must assume we are endowed with the ability to perceive the Divine hidden in the Human, the spiritual hidden in the material. The easiest way to uncover this ability is to start with the obvious –

*feeling for the stillness hidden inside the movement,
and the movement hidden inside the stillness –*

*listening for the silence hidden inside the sound,
and the sound hidden inside the silence -*

*seeing the emptiness hidden inside the substance,
and the substance hidden inside the emptiness –*

*experiencing the fullness hidden inside the emptiness,
and the emptiness hidden inside the fullness.*

What it takes is a tiny shift in focus – less than one degree of movement in our perception –

*from the obvious to the subtle, and back again -
from the surface to the depth, and back again -
from the apparent to the hidden and back again.*

I invite you to reflect on this possibility that the Divine is indeed closer to us than our breath. What it takes to perceive this is that slight shift in attention, with the intention to perceive for yourself the unseen, the unheard, the unfelt.

Please join me again next month when a new reflection will appear. Meanwhile, may you perceive the transparency of this world and catch the Divine peaking out at you and saying “Hi”.

Ragini

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