

be praised from both aspects of us.

**Praise the Lord from the heavens,
.. Praise the Lord from the earth, (verse 1, 7)**

If you wish, whilst doing this, you could reflect on the inner spiritual qualities that God has provided and is creating in you. Maybe you could write these qualities on the collage.

Meditation:

Imagine you are in a place you love to go in nature - it may be a garden, or woodland, the beach or on a mountainside ... imagine sitting there in this place ... look around you ... notice the weather, the sky ... what are you sitting on ... what is its texture - soft or hard? What can you touch where you are sitting ...

Is there bird song ... the buzz of insects ... other creatures? ... What can you smell ... is there any fragrance ... the feel of the air ... ? Look at all the living things that are in this place ... being true to their nature and the life that sustains them ...

Here displayed is the creative power, intent and order of the universe ... Align with it ... allow it into your being fully ... allow it to flow through you without blocks ... say 'Amen' ... 'So be it' ... 'Yes' ...

Personal Reflection:

This quotation from Bette Midler might make you smile and yet at the same time reflect;

"My whole life had been spent waiting for an epiphany, a manifestation of God's presence, the kind of transcendent, magical experience that lets you see your place in the big picture. And that is what I had with my first compost heap."

Look back and reflect on the rubbish of your life that was transformed into spiritual treasure. In so doing we come to realise that God 'numbers the very hairs of our head' in that the power of his love acts in the little everyday activities of life to allow us to turn and once again be part of his heavenly sphere.

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Acknowledgments: Photo 1: by jpstanley, Photo 2: pastaboy sleeps, Photo 3: by tanakawho

Five Essentials - Aspects of Loving - a focus for the Church
1st Essential: Part 3: Being loved on a cosmic scale
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Being loved on a cosmic scale



Listen to this. Stop and consider God's wonders. Do you know how God controls the clouds and makes his lightning flash?

Job 37:14,15

And even the very hairs of your head are all numbered. ... you are worth more than many sparrows.

Matthew 10:30

VASTNESS

The words in the first quotation were addressed to Job. Let us do this also, **stop** and take a moment to **consider** the world we live in and how it is made and functions as a whole. Look up at the stars in the night sky - and revel in its immensity.

The universe is vast; what we can see with the naked eye is only a small fraction of the universe; there are billions of galaxies, many containing billions of stars.



MINUTENESS

In contrast to this, look at the minute details of how the created world functions. Recently I saw part of a TV programme entitled *One Million Heads, One Beautiful Mind* which described the behaviour of flocks of starlings. It showed ten million birds collecting together, the flock changing



shape and reforming, the individual birds monitoring seven others to work in connection so that most survive predators. In movement they swirl and dart like one organism - a living entity made up of millions of individuals, acting as one.

WHOLENESS

Think about how your own body works as a single unit, the heart, lungs, brain etc all functioning as separate systems yet as a part of the whole. We just take it for granted. For example, when we go to sleep at night we know that we will keep breathing - but we are not in conscious control of this process.

God is in the vastness of our universe but also in the details and minute ways in which our world functions. His Divine order fits all things together in a holistic way. Why is our world created this way? What is its purpose?

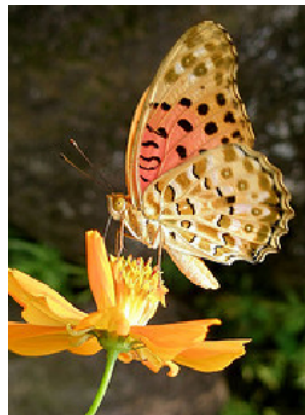
UNITY & VARIETY

One answer might be to show us the beauty and qualities of the Divine Nature, in its unity yet at the same time in all its variety. Yes, this is so - we often feel connected with God in nature when we are in a garden or in the countryside.

GOD'S DEEPEST DESIRE

But ultimately it is down to one focus - it is God's deepest desire and yearning to love and be loved freely in return. This is God's inner desire - his eternal goal. His aim is for each of us to receive the peace and blessing that is heaven; to be re-created as an angel, to live and have our being in connection as a part of all that is living. God's constant attention and energy is on this goal. So when we look at creation - on a cosmic scale, the universe, and how nature is created to fit together in balance; how each creature has its niche in the overall whole that is our world, we can see that all this is created for our eternal welfare - ordered on a global scale because God loves us.

If we are open to looking from our inner spirit we can see the unity displayed in all its glory in the world around us. This unity doesn't come from trying to make everything outside conform to a plan. It wells up from within, flows in from God as he sustains creation. All is connected by this life and revels in its variety. All this continual



creation, its pattern and order, reveal the constancy of focus, no detail is too small - all this he does for you and me. It is a humbling thought. Perhaps it also asks of us, "Do you want to be a part of this beauty and unity - no matter what you need to let go of?"

The following are ideas of different ways you can explore and experience being loved on a cosmic scale.

Bible focus:

Read Psalm 104, which is a song of praise focusing on that which God creates;

**How many are your works, O Lord!
In wisdom you made them all;
the earth is full of your creatures. (verse 24)**

You could make a list of all the created things mentioned in this psalm. Reflect on what God provides and creates in your life.

Teaching focus:

"the last things (*the hair, feet, toes and fingers*) also mean the all or the whole." Arcana Caelestia 10044

All things are held in connection from first to last and from beginning to end. In these are to be discovered the power of God, the holiness of God. In the everyday activities of life he reveals himself to each of us and provides answers to our dilemmas. Perhaps we think what happens in our daily life is isolated from what is spiritual or heavenly. But this is not so - all of life is connected and dependent on the One Life of God. If we are aligned to God then that moment is sacred and filled with his presence and power. These little moments of life can contain and connect us with all that is Divine and his immensity and power. As Matthew 10:30 says, "And even the very hairs of your head are all numbered."

Arcana Caelestia 10044, 9216, 9824, 9828, 9836, 9905
Divine Providence 3

Experiential focus:

Create a collage or a place in your house where you gather pictures or things from nature. In reading Psalm 148, you could create a collage of things mentioned. When you read this psalm notice that there is a section relating to the heavens and one that relates to the earth. The Lord is to