

Contemplative Prayer

Signs of spring approaching are more welcome than ever this year after such a cold winter. It is heartening to see the leaf buds develop and splashes of colour begin to appear in the garden.

My favourite author, John O'Donohue, writes poetically and profoundly about the mystery of prayer, saying that prayer helps us to see more clearly with the eyes of the soul.

"Prayer issues from, and increases, humility. Humility is a derivative of the Latin word humus meaning 'of the earth'. In this sense, humility is the art of being open and receptive to your inner wisdom. This is the secret of all natural growth... Humility brings a new creativity. You begin to glimpse possibilities in situations and experiences which up to now you had considered closed. Like the silent earth, the cradle of all growth, you can watch the stirrings of a new springtime in the clay of your heart."

Perhaps we can give time to seeing more clearly even the smallest signs of growth in our lives as well as our gardens.

Okehampton Times, 25 March 2010

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