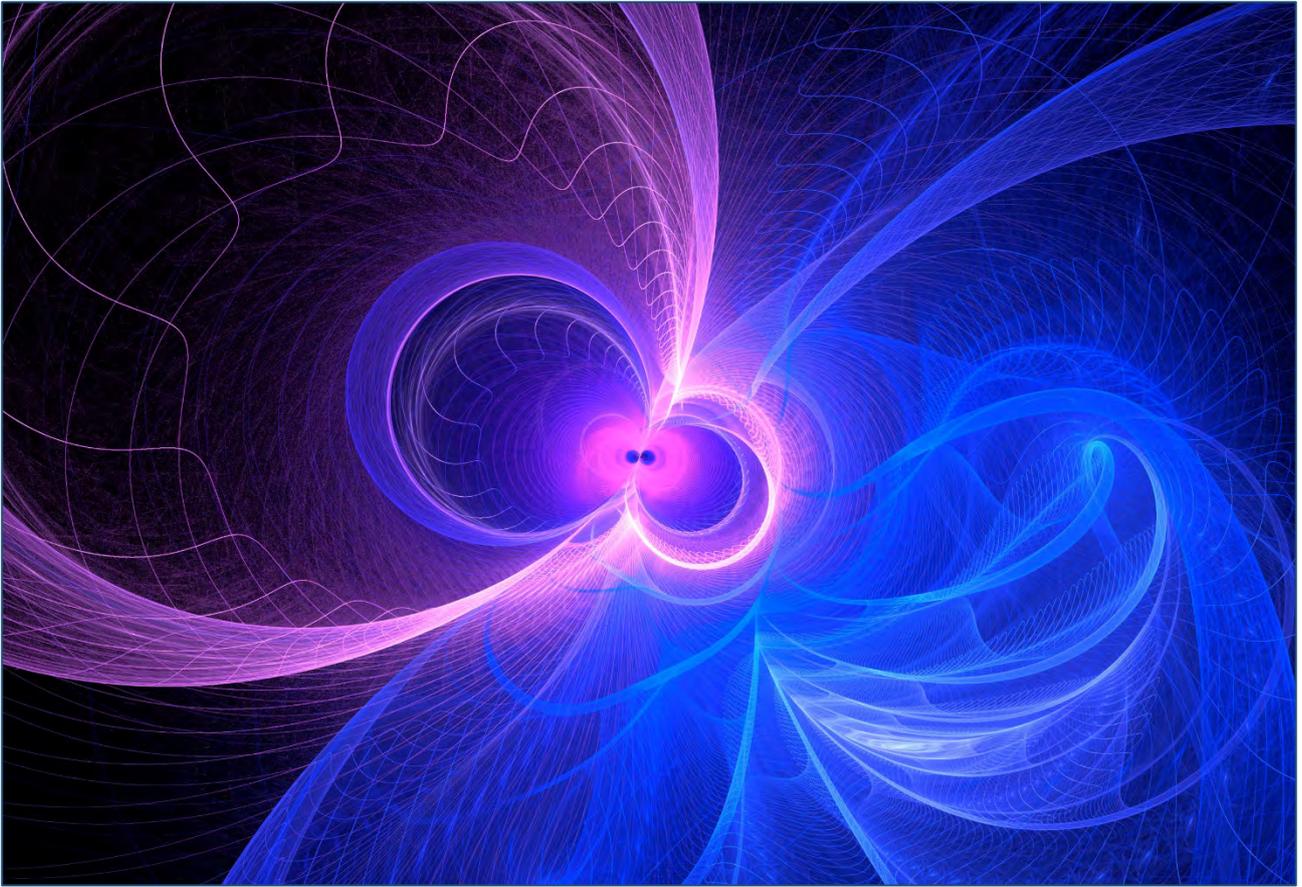


BLESSED WHEEL



The Wheel of Life, Love & Suffering seems to continually turn as we journey through life and find ourselves immersed in the constant unfolding of global events. The joys and delights of life seem to be enmeshed with the darkness and pain of suffering. As the wheel rolls on through life's turnings we become more conscious of the center, the hub which holds the essence of all movements and interactions.

As I enter into my quiet time, conscious of being at one with all my CEN members, the Hub of the wheel draws me into stillness. Then, ever so gently, the backward and forward motion that holds all Life, Love and Suffering, softly flows to this center.

I find myself breathing in Love and breathing out a Life force energy of Light and blessing for all those who are suffering:

- a Blessing for those whose spirit is broken and who are left vulnerable and exposed.
- a Blessing for those who mourn with the deep ache and grief of loss.
- a Blessing for those who have become meek and humble through the inner diminishment of their ego and self-control.
- a Blessing for those who, through a movement of deep grace within them, have found the capacity to begin the journey towards mercy, healing and forgiveness.
- a Blessing for those who have surrendered to transformation and in doing so, have become more transparent in their ability to mirror Love's pure gaze.

- a Blessing for those who yearn for union, communion, harmony and who courageously and compassionately shoulder the responsibility of becoming advocates for peace.
- a Blessing for those who are passionate and courageous enough to speak for the voiceless, for justice, for righteousness, often at a huge personal cost.
- a Blessing for those whose passion is so deep that they will surrender 'All' for Love.

These Blessings encompass the Life, Love and Suffering of all of humanity.



I can gaze into the eyes of a displaced person and in, the core of my being, can touch a speck of their brokenness - the ache of their loss and grief; the diminishment of their very personhood and dignity.

I can hope with every fibre of my being that they will have the grace to embrace the journey that leads towards inner mercy,

healing and forgiveness. I have a sense that this energy, this fire of forgiveness will become a turning point which will ultimately lead to inner peace, joy and freedom.

As I continue to gaze into the eyes of the displaced person I yearn that they may be blessed with wisdom and a renewed energy; that they may have the courage to speak on behalf of the voiceless, and persecuted; that they would have the inner strength, passion and conviction to bring to light the injustices that humanity can inflict. And I hold with great tenderness and awe those who have the courage to surrender all for Love. In this journey of blessing I am quietly aware that the receiver often also becomes the giver!

As these blessings continue to flow over the displaced people in our world, so too they encompass all those who journey through life. I find myself gazing with eyes of profound compassion upon our fractured humanity, and again the blessings flow.

I see the eyes of:

- those in war torn countries,
- refugees fleeing for safety and survival,
- migrants who feel themselves to be now foreigners, strangers, in a new unknown land,
- those unjustly imprisoned,
- women caught in the web of being trafficked,



- the homeless everywhere,
- those who are imprisoned in a cycle of violence,
- those who are struggling with terminal illnesses,
- people who are living with chronic pain,
- those struggling with mental health issues.

All of these people in their suffering need to be enfolded in our blessings of Light and Love, evoking an Energy that transforms.

I heard recently that a blessing was defined as ‘a binding covenant made in Love, between the giver and the receiver that cannot be broken’. The giver and the receiver become one. In the light of this reflection I am left with the image of a fiery wheel fueled by the blessings of Love. It is a wheel alive, active and vibrant with a great energy or force which sparks streams of fiery blessings back and forth into the cosmos, and into the hearts of all humanity.

The deep passion for Love, for Life, which inevitably incorporates suffering commenced this motion of the wheel and now brings us back full circle to the beginning of our journey. Hopefully we have arrived in a deeper, more authentic place, seeing the wheel with new eyes, resting in the Hub whilst beholding Life, Love and Suffering with renewed awe, wisdom and reverence.

We CEN members can radiate the fire of this hub - this light energy - to all those whom we mindfully bring to consciousness as we silently stream our blessings of love to all those who are challenged, fractured and burdened.

We, as members of this network **are** blessings. Perhaps we need to grow in greater awareness of the blessings that we are. Whatever we do in conscious, loving union with our reality is prayer.



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(Blessings inspired from the Beatitudes Mt.5:3-12)