

Infused With Love



Late last year a friend gifted me with a Diary for 2019. On the cover in golden letters I read the words, '2019 INFUSE IT WITH LOVE' and on the back cover similar words 'INFUSE 2019 WITH LOVE'.

I was in awe at the inscription and was delighted to receive it. Yes, these words say it all! They felt like a call. Their implication poured deep into my spirit, inviting me to ponder further on the words - 'infusion' and 'love'.

As I turn the pages of the diary, and as the weeks drift by, I am left with a heightened awareness of the invitation to truly endeavour to live 'Love' as fully as I can with each day that is gifted to me. The words invite me to be more conscious of this infusion of Love - not only within myself, but also in the world around me.

The black background of the diary suggests mystery to me - the unknown that each day of this year offers as gift to be lived...in Love. Nights roll into days and days roll into nights - all 365 of them - yet the night sky of each day draws me back to behold again the golden beauty of the stars and planets which become accentuated because of the darkness.

This dark background would be like a black hole for 2019 if it were not for the golden threads of nature woven into it depicting the beauty of creation - the gold of life increasingly infused, with Love. Even as I look to the darkness of the night sky, I know too that dawn will break through the darkness. The sun will begin again to grow in intensity to infuse the earth and all living matter with its warmth.

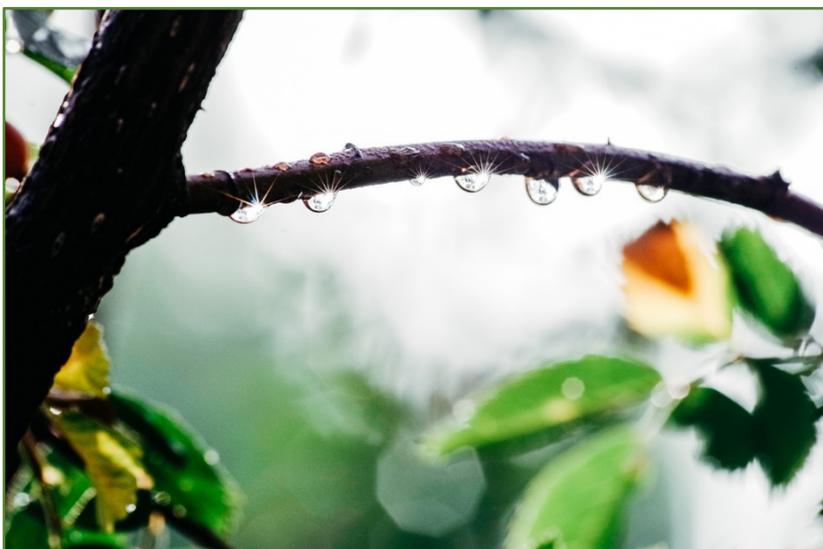




What does it mean for human beings to be **'Infused with Love'**? I imagine that in birth, when we drew in our very first breath, we gently began to be infused with Love. As infants, we are limited in our consciousness of this Love which we have drawn within us. But like a silent golden substance, atom upon atom an infusion has begun to occur. This infusion continues to slowly permeate each cell of our bodies as it awakens us towards an ever new and evolving consciousness of life and Love.

As we grow in wisdom through life's encounters and experiences, our innate yearning for Love continues to evolve. I sense that so much "infusion" has taken place within our very being in order for us to be who we are now, and we are continually being 'drawn' - being 'infused' with the very essence of 'Love'. This Love is called 'Omega Love' by many today as it draws us more and more into its very Centre .

So, I turn again to my diary and wonder how quickly and silently the days seem to have rolled on, one into another. Summer, autumn, winter have all now rolled into



spring. And I notice with delight the raindrops and dew drops resting lightly on the trees' bare branches, and on the twigs and bushes. I contemplate the silent evolving of new life within these branches and twigs as they drink in the moisture and then wait in anticipation for their time to burst forth into

fuller, visible life. I wonder at the hidden energy and silent unfolding that have taken place for the beauty of blossoms and flowers to graciously unfold their petals as they reach towards the light of sun's radiance! A morning surprise of Love-infused life to ponder with delight in the season of spring!

As I marvel at the goodness and darkness of creation and its seasons, I am also mindful of both the good and dark components of our world. And I am overwhelmed at times with the stories I hear of humankind's struggle to live and to survive. Yet I am also deeply touched by the response of goodness and kindness, spontaneously, generously and selflessly poured out by many into this seemingly all-consuming and over-whelming darkness. These responses are in fact, albeit unconsciously, infusing the world with greater Love.



History has shown that war with all its violence and bloodshed – the fighting, attacking, and destroying that cause others to, flee and/or submit – only re-enforces the dualistic behavioural patterns of right/wrong, winners and losers. These patterns cause immense pain and suffering whilst achieving questionable goals and outcomes. The outcomes are often driven by control, greed and fear. I wonder how it would be if the light energy forces of goodness, kindness and compassion were more consciously infused into the dark energy forces of power, injustice and indifference? What would the outcome be? Could the fusion of these two forces lead to a higher union of transformation and communion – a wholeness for which we all long? If darkness was to be infused more and more with Love, how different would our

world be? What would the new creation of humanity and our planet look like? What new 'spring' might open up for us all?



As CEN members we daily help to make this 'new spring' happen as we hold our world in silent contemplation together. As we become aware of our breathing, may we be conscious of each breath being infused with Love. May we gently and deeply breathe this Love in, and then just as consciously, release it into our darkened world, aware that we are infusing creation with something new which, for now, may be beyond our seeing but not beyond our hoping and believing. May it be so!

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