

## THE ENERGY FORCE OF LOVE

Over forty years ago on a hilltop in Millgrove, whilst facing a beautiful panorama of nature I heard the words 'Love in Life is all that matters.' These words were spoken so clearly to me that for a split second I thought someone else was present, yet I was alone on the hilltop. Somehow from the depths of my inner being these words had arisen and exploded into my consciousness. The words have journeyed with me over these past decades like a mantra. How I heard and perceived them then and how I hear and perceive them now is in itself a story of the evolution of love within me.



It has been a life story of twists and turns, encountering hills and valleys, rocks and plains, hardships and delights, long periods of darkness and wonderful times of light. It has been a journey of inner deepening and of slow growth in conscious awareness through a varied and complex tapestry of life's encounters and experiences. My life has evolved and 'Love' has evolved within me over these decades of time. I know now more deeply than ever that 'Love' is truly 'All' that matters in Life and I say this through a clearer lens of wisdom, understanding, reverence and wonder.

Love is the energy force that is within all of us and within the whole of creation. It is with and through this energy force that we come to our daily CEN time of quiet, stillness and contemplation. How do you hold, sense, know this energy force of Love within yourself? How conscious are you of Love's energy within the whole of your Being? I ask these questions because I sense that it is only through



our conscious awareness and experience of Love's force that we can then, in turn, transmit it on to other energy fields which yearn for, and are drawn to Love.

As I contemplate the yearning for Love in our world today. I recall the devastating fires that our country has experienced recently, the fires that Corrie reflected on so beautifully in her February CEN Reflection. I call to mind the fires that continue to



ignite in our global world - fires that are radically crying out for us to 'wake up'. I see and hear the yearning for Love hidden and buried deep in the darkness of our turbulent world as wars continue to rage and violence, greed, corruption and political unrest seem to thrive. I see this yearning in the faces of poverty, displacement, homelessness, hunger. I see it in those who are in pain, who are suffering and struggling with health - life and death issues. I see it in the

anguish of grief, loss and sorrow. I ponder Love's Energy Force in all this darkness, and I sense it is silently there. It is there in the devastating fires, it is there within the faces of poverty, pain, sorrow, fear. In the darkness, the energy is there.

As we enter our time of stillness, perhaps the invitation is simply to "*Be Love's Energy Force*" in darkened hearts... to "*Be Love's Energy Force*" in our darkened world...to "*Be Love's Energy Force* in the darkness of pain and suffering. It is not so much a matter of loving darkness into light - it is rather a matter of just being Love's Energy Force in either Light or Darkness as it is 'Love' in either force or form that is 'all' that matters.

Often it is through darkness that Love can emerge as a radical force of energy. A force that penetrates, like lightning, which may at first appear to be destructive and severe yet which ultimately becomes the enabler of new birth and new life to occur. I sense there is 'Love' and therefore 'Hope' in the energy force of darkness! This is the 'Hope' that Madeline invited us to reatively release into our waiting world, in her January reflection.



In a movie I watched recently a wise teacher instructed a group of upset, frustrated, disillusioned students to, '*Be kind, for the people you meet are fighting battles that you know nothing about.*' How true! We are all fighting our inner battles of fear, anguish, regret, struggle with self-worth and so on. We are also confronted with

outer battles of fires, climate change, social injustices, cultural clashes... The invitation is to be mindful, and to draw on our capacity to be kind. For beauty, warmth, strength, courage, mercy can all be radiated through the energy of kindness. The act of showing 'kindness' is the currency, the expression, of Love.

It almost seems that at times of darkness and devastation, kindness is ignited anew. I am very mindful of the kindness and generosity shown by human beings at times of crises. The kindness often spontaneously shown to the vulnerable, fragile and needy. The small kindnesses that we all witness as we go about our everyday lives. Kindness is truly an *active* expression of the energy force of Love.



As we consciously draw on the energy force of Love as a Presence which reflects our inner essence, may we then mirror this Presence to our outer world through our active expressions of kindness. For the Energy Force of Love in All of Life is all that ever really matters! As CEN members, let us surrender ourselves to being open, healthy conduits of this Love Force.

I leave you to contemplate the story of kindness below. May it speak to your hearts and remind you again of the Energy Force of Love within all of life's encounters and experiences.

### **IN A HURRY**



*Some salesmen on a conference in a busy city were running on their way home to catch a train. The meeting had gone over time so the men were late. They raced to the station with their tickets in their hands. As they ran through the terminal, one man accidentally kicked over a table holding a basket of apples. Without stopping they all reached the train and boarded it with a sigh*

*of relief. All but one, he paused, and experienced a bit of guilt for the boy whose apple stand they had overturned. He waved goodbye to his companions and returned to the terminal. He was glad he did. The ten-year-old boy was blind.*

*The salesman gathered up the apples and noticed that several of them were bruised. He reached into his wallet and said to the boy, "Here please take these ten dollars for the damage we did. I am sorry I hope it did not spoil your day." As he started to walk away the bewildered boy called after, "Are you Jesus?"*

(Storytelling by W.J. Bausch)



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