

September 26, 2024

Daily Reflections



Center for Spiritual Development

ALL IS BEAUTY

By Julie Mussché

A Quote

“No synonym for God is so perfect as Beauty. Whether as seen carving the lines of the mountains with glaciers, or gathering matter into stars, or planning the movements of water, or gardening -- still all is Beauty!”

JOHN OF THE MOUNTAINS: THE UNPUBLISHED JOURNALS OF JOHN MUIR, 1938.208

Reflection

During the 1980s, at least once a year I traveled with friends up Highway 395. Many tout the breathtaking beauty of touring State Highway 1 in California; I would contend that a journey along U.S. 395 is equally amazing, adding that the natural and historical diversity of the geographic expanse is unparalleled. The locales traversed by the route are an explorer's playground.

My adventures included camping at Red Rock Canyon State Park south of the Sierra Nevada Mountains. This unique set of canyons offers beautiful colored

striations, petroglyphs, closed mines and historical sites, star-covered skies at night, and the quiet of a primitive camping site. Other escapades involved visits to the Owens Valley and Eastern Sierra Nevada Mountains and forays into Death Valley. From the highest to the lowest point in the contiguous United States, to Mammoth Hot Springs, and the Tufa columns of Mono Lake, the region presents so much to wonder at.

The Basin and Range geographic area extends across multiple states and into Mexico and gives a physical witness to the fault blocks, volcanics and plateaus that dominate the area. The westernmost part of the U.S. portion of the expanse is the eastern escarpment of the Sierra Nevada Mountains. Appearing almost perpendicular to the Owens Valley, the mountains peak with Mount Whitney, or Tumanguya in Paiute (Wikipedia), at over 14,000 feet.

Beyond the physical aspects of the highland, the sheer beauty of Mt. Whitney is hard to capture. The towering granite heights sculpted by ice and water, and gently rimmed by the undulating Alabama Hills, transform with the transitioning light of day. In fact, often not visible because of orographic cloud cover, a glimpse of the mountain is a treasure, its elegance exquisite and incomparable, the experience to be revered.

Beauty in the natural world offers a spiritual path to encounter the Holy One in the gift and variety of creation. Where and how this happens is uniquely tied to our experience and sacred memory. If you can, take some time this week to nourish your soul and savor the holy expressions of God's creativity in the natural world.



Yosemite
Photo by Julie Mussché

Reflection

Reflect and consider the first time you became aware of beauty in the natural world. Visualize the scene; engage your sensory memory:

- What surfaces for you -- sights, sounds, odors, textures, tastes?
 - Where were you, what was the occasion and time in your life?
 - How did God enter this moment of beauty? What was your spiritual refreshment?
-

For Prayer

The Hymn of St. Francis

*Praised be you, my Lord, with all your creatures,
especially Sir Brother Sun,
who is the day and through whom you give us light.
And he is beautiful and radiant with great splendour;
and bears a likeness of you, Most High.*

*Praised be you, my Lord, through Sister Moon and the stars,
in heaven you formed them clear and precious and beautiful.*

*Praised be you, my Lord, through Brother Wind,
and through the air, cloudy and serene, and every kind of weather
through whom you give sustenance to your creatures.*

*Praised be you, my Lord, through Sister Water,
who is very useful and humble and precious and chaste.*

*Praised be you, my Lord, through Brother Fire,
through whom you light the night,
and he is beautiful and playful and robust and strong.*

AS INTERPRETED BY POPE FRANCIS IN LAUDATO SÍ

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)