

August 31, 2023



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

DIVINE RESOUNDING

By Julie Mussché

"The temple bell stops but I still hear the sound coming out of the flowers."

MATSUO BASHO

Reflection

Roughly a third of the population processes and learns information through hearing. I would offer that listening is the most significant part of communicating with each other. Music offers another form of communication - meshing mathematics, rhythm, and melodious noise which inspires us to dance or hum or break into song.

Find a quiet place to sit and rest a while, indoors or outdoors. The invitation: open your ears to the sounds around you. What do you hear? Listen deeply and pay attention to the obvious and subtle resonances. Can you detect a rhythm? What's God messaging to you in the gift of noise?

If your hearing is challenged, the invitation is similar. Find a quiet place to

luxuriate. Close your eyes if you feel comfortable doing so. Tune in to the sounds that emerge in the silence and with limited vision. What are you picking up? Often sound has a percussive feel, such as feet moving on the pavement. Perhaps you hear higher pitched sounds such as a bird singing, or lower pitched sounds such as a bell or an engine. Whatever the case, spend some time with the gift of noise. Can you detect a rhythm? What's God messaging to you in the gift of noise?

For all: make your own joyful noise to the Lord.

What is your Amen?



Seal Beach looking toward the Alamitos Bay Marina the day before Tropical Storm Hillary.
Photo by Julie Mussché

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