



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

A POTENT WIZARD

By Julie Mussché

A Quote from *The World I Live In*

"Smell is a potent wizard that transports you across thousands of miles and all the years you have lived.... Even as I think of smells, my nose is full of scents that start awake sweet memories of summers gone and ripening fields far away."

HELEN KELLER

Reflection

The senses of smell and taste are intertwined with memory. It is physiological and has to do with where and how smells and memories are processed in the brain. I do not know about you, but certain fragrances can instantaneously transport me to a time and place and lead me to recall people and events that have impacted my life. Such remembering can open my heart and spirit to a place of gratitude. What an amazing and holy gift.

The invitation, if you are able, is to take a walk around your neighborhood or location and give attention to the odors that happen your way. What fragrances are you sensing? Do they bring up any memories or transport you someplace special? What is your prayer of gratitude for the gifts that the sense of smell provides?

One of the things that diminishes with time, and with illness, are our senses. If your sniffer is not as resilient as in the past, here is the invitation. Find a quiet moment, and reflect on the fragrances that have been significant to you. Some ideas that came to me: baking cookies; the air right before it rains; newly mown grass; a garden full of roses; clothes tumbling in the dryer, and salty ocean spray -- to name a few. While remembering, as Helen Keller mentions in the quote above, one smell may lead to another. Grab one and consider: what is your first memory of that smell? Check with your heart and spirit as you recall the moment. What are the feelings that come to you? What are you grateful for?

And for all, what is your Amen?

Until tomorrow.



This beautiful red rose has a scent that may arouse memories in you
Photo by Julie Mussché

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