



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

EVERYDAY MIRACLES

By Julie Mussché

*"To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same."*

WALT WHITMAN, *MIRACLES*

Reflection

Over the past several years, I've noticed my night vision is diminishing, particularly when it comes to reading road signs. Last year, a visit to the doctor revealed the beginning of cataracts. Ah, the joys of getting older. Most of us process our surroundings and information through vision, and such a sensory loss is certainly striking.

Light and shadow help to define and highlight our environs and provide detail for the things our eyes encounter. Reflection, refraction, dappling light mixed with shadow lend a sense of mystery to our surroundings. It is all rather

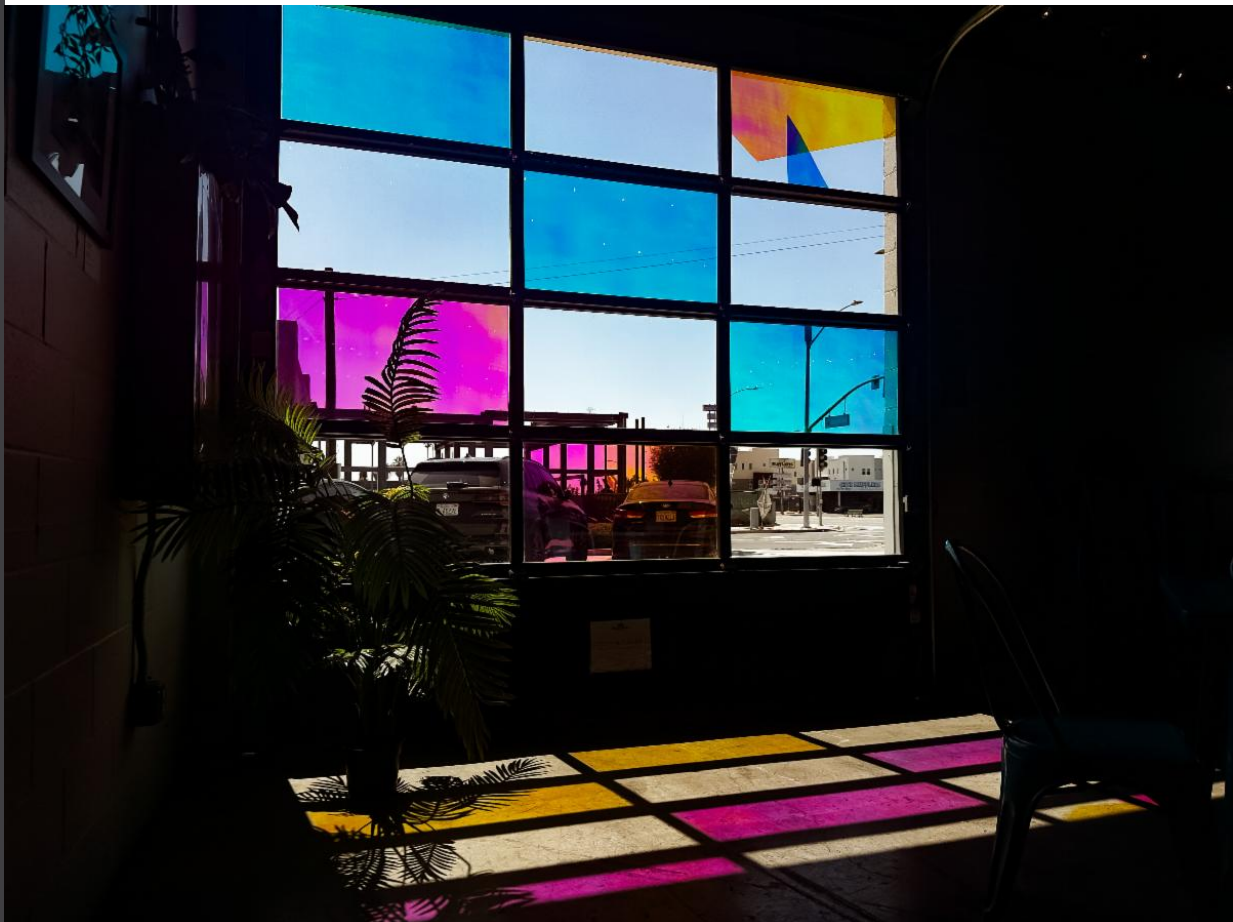
miraculous, don't you consider?

The invitation: if you would like, take a walk around, inside or outside, and pay attention to all the colors you encounter along the way. What is the palette of creation you are encountering? Can you name and claim the colors? What is your favorite? Observe the subtleties of light on surfaces and the defining influence of shadow. What do you notice? How does this phenomenon influence the qualities of detail and enhance vision?

How is God emerging through the colors of creation? Paint a prayer of gratitude across your soul -- what colors are you using? Where do you meet and celebrate God in this wonder of creation?

If you struggle with vision or mobility, the invitation is to spend some time reflecting on and considering the verse at the beginning of this reflection. If you would like to walk through the entire poem, go to <https://poets.org/poem/miracles>. What is the image that these words paint for you? How does this poetic reflection revel in everyday miracles? How would you like to celebrate this moment and gift with God?

However you are celebrating, what is your Amen?



Afternoon Light
Photo by Alicia Rodriguez

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