



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

CONTINUING THE ADVENTURE

By Julie Mussché

“Never lose an opportunity of seeing anything beautiful; for beauty is God’s handwriting.”

RALPH WALDO EMERSON

Reflection

Once while visiting New Mexico, I dropped into the Georgia O’Keeffe Museum. It had recently opened and I was excited to explore the exhibit. It’s a spacious venue with limits on attendees so it was relatively quiet, people wandering around respectfully enjoying the moment and expansive creativity. For me, the venture was pensive and holy.

Where and how do we experience the Sacred in beauty? Perhaps in nature, a glorious garden, in a museum or listening to a symphony. What is your aesthetic sweet spot? Possibly you have more than one, that place of heightened awareness or serenity when encountering the sublime. As Thomas Merton shared, “Art enables us to find ourselves and lose ourselves at the same

time” (*No Man is an Island*). In taking in the beautiful, our senses ignite a liminal place where the interior and exterior converge through the mystery of contemplative presence.

It is not coincidental that places of worship are adorned to be aesthetically evocative and gratifying. Beautifying sacred spaces offers a means to honor the Divine while creating an hospitable place to welcome God among us -- as well as helps to create a sensory pathway for us to be present and alive to the Spirit. From music to lighting and fine art, beauty is transformative.

Your invitation: find a place to surround yourself with beauty. You may not have to go very far; the place could be anywhere depending on your selection of form. A church, a museum, in your special place listening to music, a library, a public garden or park, or your backyard, it's up to you. Find a comfortable place to be present to the beauty and luxuriate in the gift of whatever it is. What is your sacred sweet spot in the witnessing and lavish absorption of this moment of splendor? Where are you being invited by God to journey? How are you partnering with God as a co-creator of beauty? What is your psalm of thanksgiving? And what is your Amen?



Leaves from trees near the stream
Photo by Julie Musch é

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