

September 2, 2025

Daily Reflections



BUOYANCY

By Julie Mussché

A Quote

“Everything that one turns in the direction of God is prayer.”

ST. IGNATIUS OF LOYOLA

Reflection

Somewhere, around age five, I learned to swim at the Colorado Lagoon in Long Beach, California. Living by the beach for the first decade of my life, swimming in the ocean seemed natural. Not without peril -- one quickly learned about possible hazards: riptides and stingrays in Southern California; sharks and Portuguese Man O' Wars in Hawaii, and stonefish and sea snakes in Japan. Respect for the ocean and awareness of above and below the water were key elements of playing in the sea.

Qualities of buoyancy varied with salinity, and tropical waters in particular

appeared distinct in that regard. Generally, it seemed easier to float in tropical waters. Floating for me is pure joy, and I must say that back floating was probably my first contemplative experience. Suspended on the water, defying gravity, with the muffled quiet of ears submerged, being rocked gently by waves with the pulsating heartbeat of the moving sea, how can one not be awed by the Divine Presence in creation? As imagined, it is almost as if being rocked by the hand of God.

On discovering body surfing in high school, the delights of floating were expanded to a more participatory experience. Body surfing requires a partnership with the ocean, an understanding of waves, and a readiness to dive into and on them with abandon. One also has to be prepared to try, try again, to tumble and crash into the sand, and to simply pay attention to tidal movements and wave quality: timing of when to launch is critical. Oh, but when you catch that particular wave, and allow it to propel you with liquid momentum, what bliss. This reminds me of the discipline of a prayer life: practice, practice, practice; dive into it without reservation, and allow God to carry the movement. Then, hang on for the ride of your life -- surf's up!



Photo by Julie Mussché

For Pondering

- What are some leisure activities you participate in that open up your awareness of God?
 - Consider a time when you had a sense of God's presence in a moment of play or recreation. How did that expand your understanding of prayer and devotion?
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For Prayer

*Oh, Great One,
giver of the seas,
thank you for the gifts of buoyancy and play,
for the grace to find and reverence you in all things.
Let me hold this bequest with respect and care.
Amen.*

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