



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

REVELATIONS

By Julie Mussché

"I feel the delightful, velvety texture of a flower, and discover its remarkable convolutions; and something of the miracle of Nature is revealed to me."

HELEN KELLER, *THREE DAYS TO SEE*

Reflection

When I was a child, I had two blankets that I dragged with me everywhere, Bluey and Dodo. They served many purposes, and were great props to my world of imagination. From superhero capes to tents or a pirate's sash, they were amazingly resilient. Both blankets had a satin trim, which offered the comfort of touching something familiar and soft. When anxious, I would rub one or the other material between my thumb and forefinger. Later in life, when I was in my thirties, a friend observed that when stressed, I would rub my thumb and forefinger together, a visible reflection of a comforting touch memory.

The sense of touch allows us to process the world around us in an

extraordinary way, providing a sense of safety in and coordination with the world around us. Touch, like all our senses, holds memory, some related to survival and physical pain -- think touching a hot surface -- and some connected to comfort and spatial awareness. Our sense of touch allows us to gauge the weather, the surface we are walking on, hot and cold, the size, texture, and shape of something without looking, and motor skills with both our hands and feet. What a glorious blessing.

The invitation: explore the world around you through touch. It is up to you where and how you would like to do so.

Perhaps you have a garden or yard accessible. If so, choose a place to explore and touch the textures of flora. Is there any of the flora that you are drawn to or you avoid? What do you notice about the feel, texture, and consistency of the surface of the leaf or flower you have chosen? Is the leaf smooth, pebbly, leathery? Fine or coarse? How about the flower -- soft, velvety or spongy? If you were describing this plant incorporating only touch, how would you do so?

If you are more inclined to explore in your home or room, select some items to discover through touch. If you are feeling particularly adventurous, close your eyes and let your fingers roam freely over the surfaces of the items you chose. What do you notice about the feel of the objects? Are they smooth, rough, notched, cool, warm, solid or squishy? This list certainly does not exhaust descriptors, so go for it, the sky is the limit. Now, select one object, and if you were describing it using only touch, how would you do so?

How does the Divine magnify through the elaborate and mysterious sense of touch?

What is your prayer of thanksgiving?

And what is your Amen?

I hope you have enjoyed this week's adventures with God. May your quests continue!



Morning Rose
Photo by Alicia Rodriguez

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