

WATER COLOUR

By Eileen O'Hea CSJ

Meditation can be likened to painting with water colour. Water colour moves beyond the sketched lines and makes its way down the wet surface of the water colour paper. Defying preconceived boundaries, water colour creates its own beauty.

Each day in our prayer of Christian meditation, as we become still and quiet before Divine Life, we allow the waters of this life to move us across the defined lines of ordinary consciousness and into a whole other consciousness, a place not defined by our usual ways of experiencing or knowing ourselves and the world around us.

It is not always easy for us to allow the waters of Divine Life to carry us beyond the boundaries of the self as we usually know it, that is, beyond our egos. However, we keep returning to our times of prayer precisely because we share in the very life and activity of our God. Remaining faithful to our daily practice of meditation comes from our life's energies participating in the creative energies of Divine Life itself. This energy of Divine Life is what we experience as an impulse or urge to continue to be faithful in the daily commitment to our prayer and to our spiritual journeys. It is the very experience of Divine Life that draws us into prayer and enables us to be the open space, or empty canvas, where the waters of Divine Life may gently move and join us to the experience of contemplative consciousness: a consciousness that participates in the very life of God; a consciousness that will realise at ever deeper levels the experience of ultimate beauty, ultimate love; a consciousness that will realise our own lovableness, beauty, goodness.

Our times of prayer, though seemingly routine and ordinary, are nevertheless effecting this change in us.

Notes produced by Alex Peck (aepeck77@yahoo.com.au); June 17, 2009.

Source: Eileen O'Hea CSJ, "Rain for the Sea: Reflections for a Time of Meditation", *Meditatio, Talks Series 2009A, (Jan-Mar)*. Internet:

<http://www.wccm.org/item.asp?recordid=meditatiolisten&pagestyle=default>