

April 11, 2014

On Friday, April 11th as we remember our day of fast and prayer, “We will work to eradicate violence against and abuse of the earth and its creatures. Through our responsible and appropriate use of all creation (Art. 24) we practice active stewardship and reverence for our planet.”

Hildegard of Bingen: Awakening the Senses

“We are dressed in the scaffold of creation: in seeing . . . to recognize all the world, in hearing . . . to understand, in smelling . . . to discern, in tasting . . . to nurture, in touching . . . to govern. In this way humankind comes to know God, for God is the author of all creation.”

Through our abilities of touching, seeing, hearing, tasting, smelling and discerning ,we gather insight and inspiration about our environments, daily experiences, and life itself with all its wonder and complexity. Engaging our senses opens portals of inner discovery and possibilities for co-creation with God.

Reflection:

Contemplate how your life might benefit if you begin exercising your senses. Can you imagine ways to begin to *reactivate* your senses to deepen the experience of feeling a sacred connection to life? What would it feel like to be a full participant in creation and co-creation with God as Hildegard described so many years ago? How might your day be enriched if you opened your eyes to behold what’s in front of you with reverence and awe?

Actions:

Awakening your senses through environmental awareness, find a poem, a song, a prayer, a work of art, a picture, an author or anything/anyone that helps you understand the feeling of being a full participant in creation and co-creation with God.

Share this awareness image with your local community.

Send your images to Sister Juliana

