

# Deepening Circle

For Prayer and Reflection ~

Easter Season, 2023

## BEHOLDING the Risen Christ in our midst.

SILENT BEHOLDING is a way of entering deep mind, a way of communion, of interabiding Presence, a way of being with. Silent beholding lets everything in; welcomes everything; holds everything in intimate Presence and active inclusive love.

There is a small but essential shift from 'watching' to BEHOLDING. To BEHOLD is to position yourself at the Source of Being. Here you are rooted in depth, in communion with an underground spring of living water. We BEHOLD from a place that is wordless, nameless, teeming with blessing and full of compassion.

To BEHOLD is to pay attention quietly and simply in the present moment and without judgment. It is healing of self and other--as when Jesus heals and blesses in the post-resurrection appearances.\*



### RESTING IN THE PRESENT

When we can escape from the past and the future and live in the present moment, in the inter-abiding of time with Eternity, our consciousness relaxes; it rests and finds peace. Everything comes together in Wholeness

UNHOOKING YOURSELF from thoughts of the past or future, especially in prayer, but not only there, is the work of HOPE. This is a refusal to get locked in anxiety or regret because the Present Reality (GOD) infinitely eclipses those.

Anxious, angry, afraid, ashamed? Stand in the Presence of the Risen Christ in your poverty and receive your security from God--in a HOPE that infallibly blesses you and pours out from you

Just as the Risen Christ enters the secret room where the doors are locked--so the light, love, and forgiveness of the Risen Christ actively enter your hidden room and work in you--in secret.

Surrender. Let go--because God is hovering over, pressing in, healing. Simply yield to the magnetic attraction of God.\*

\*from my prayer and reflection on sections of the books *Silence* by Maggie Ross and Iain Matthews' *Impact of God*



Ansgar Holmberg, CSJ

*O Holy One,  
Warmed by the fire of each other's Presence  
help us to recognize  
the resurrected Christ in our midst.*

*Help us to know that in Christ  
WE are ever emerging, dying and rising,  
in faithful resonance with the strange  
intimate Presence causing our hearts  
to burn with Hope.--Bruce Sanguin*

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The practice of resurrection has less to do with the next life and more to do with beholding the new life abundantly surrounding us in the present moment.

We are invited to live within the pervasive mysterious Presence of God

where we no longer grasp but are moved;

where we no longer insist on reason but quietly adore;

and where we are freed from the need to control life and experience being empowered by Presence.

--Irene Dugan, RC quoting Karl Rahner

O Mystery, You are alive. I feel you all around. You are the fire in my heart. You are the holy sound. You are all of life. It is to You that I sing. Grant that I may feel You--always, in everything.

--Paul Winter, Missa Gaia