

Presence

My presence will go with you, and I will give you rest.

Exodus 33:14

One of the deepest longings of the human heart is for real presence. We all have experienced certain moments of synchronicity in our lives when the moon and ocean and dance and



music and hearts congealed into one pulse - an amazing experience of unity, and, in some strange way, a breakthrough to real presence. When we experience real presence, we break through to that which is latently in us, that is eternal, but which the normal daily round of life keeps distant from us.

Thought for today: Cast your mind back to a time when hope and history rhymed for you and reflect.

With thanks to John Quinn, broadcaster, on John O'Donohue *Walking on the Pastures of Wonder*