Meditation on Wisdom to Commemorate the Feast Day (28th April), of the Founder of the Daughters of Wisdom, Louis Marie de Montfort (YouTube)

This reflection and meditation can be done without the Youtube video (recommend the use of Youtube if you can). For those who struggle with hearing, the text below can also be used to support the video. Our Youtube presentation is an invitation to spiritually join regular meditators at Wisdom Centre (presently isolated and meditating in their own homes). The tradition we meditate in is Centering Prayer which is fully inclusive of all traditions of Christian Meditation and welcoming of World Traditions

The text is on the screen with narration. Music and a count down timer are part of the presentation. For technical reasons, the reflection occasionally has some disruption to the sound quality. To overcome this, a transcript is below.

Begins with usual opening prayers and introductions (Audio Visual or follow using text below)

Welcome to Christian Meditation in the Centering Prayer Tradition, followed by some guidelines on the steps of meditation (Lectio Divina)

Opening Prayer: Through Jesus Christ, by the Spirit, by whose breath our souls are raised to life. We, in meditation in this time of crisis pray with all others, as one community and one world to One God, we unite with our brothers and sisters of all world traditions.

With God are Wisdom and understanding. May our ears be attentive, may the meditation of our hearts be for understanding. Through Christ, may we seek and find you, acting only according to Your will. May we follow His teaching, also seeking, the wisdom of the Holy Fathers and Mothers. May we commit to love of earth, faithfulness, community, stability, peace and justice making.

Letting go of all else, in contemplation we surrender in love to you. Let our sacred word be a symbol of our consent to your loving presence and healing. May we be faithful to this word so that it rises in our hearts, awakening that sense of Your presence. **Amen**

Reflections on Wisdom by Fiona

This week (28th April), we celebrate the feast day of Louis Marie de Montfort, the founder of the Daughters of Wisdom. When we speak of Wisdom, we understand Her as the Way, both becoming and present. To seek Her (Wisdom), is to know Christ now. To know Wisdom is to find Christ everywhere. To serve God fully in each moment is devotion to Wisdom. Only then can we know and act on Eternal truth.

The understanding shaping the spirituality of St. Louis Marie is his experience of Jesus Christ as the "Eternal and Incarnate Wisdom of God," the inner reality of the Triune Godhead. She, Wisdom is manifest in the outer world as the Eternal Wisdom Christ. Christ as Wisdom permeates all creation and Her mystery is at the root of all reality. To know Wisdom, we

must journey inward into the interior depth of our soul where we can come to know Her love. The journey inward requires surrender to Wisdom, so She can hold us and empower us to do God's work in our everyday lives.

Louis Marie introduces and develops Wisdom Spirituality, an exposition of the Biblical Book of Wisdom in one of his earliest writings, "The Love of Eternal Wisdom" (LEW). Louis Marie's LEW is, in my opinion, a work of considerable scholarship which describes both his personal experience of Wisdom and Wisdom experienced and understood by earlier Saints. Louis Marie specifically mentions the mystical writings of 4th Century Desert Father St. John Chrysostom, the Dominican thought of Thomas Aquinas and Henry de Suso, the Benedictine teachings of the Cistercian monk, Bernard of Clairvaux and the Carmelite sister, Teresa of Avila.

A Reading from Love of Eternal Wisdom

"Eternal Wisdom, ever transcendent in beauty, by nature loves everything that is good, especially the good of mankind (Wisd. 7:22), and consequently nothing gives him more pleasure than to communicate Herself. That is why the Holy Spirit tells us that Wisdom is for ever seeking throughout the world for souls worthy of Her (Wisd. 6:17), and She fills these holy souls with Her presence making them "friends of God and prophets" (Wisd. 7:27); (LEW 8)

The desire for Divine Wisdom must indeed be a great grace from God because it is the reward for the faithful observance of his commandments. "Son, if you rightly desire Wisdom, observe justice and God will give it to you. Reflect on what God requires of you and meditate continually on his commandments and he himself will give you insight, and your desire for Wisdom will be granted." (Sir 1.26; 6.37); (LEW 15).

Solomon…, in the acquiring of Wisdom, only received this gift after he had desired it, sought after it and prayed for it …"I desired wisdom and it was given to me. I called upon God and the Spirit of Wisdom came to me." (Wis 7.7) "I have loved and sought wisdom from my youth, and in order to have Her as my companion and spouse I went about seeking Her." (Wis 8.2,18) Like Solomon and Daniel we…must desire [Her] if we are to acquire this great treasure which is Wisdom. (Dan 9.23); (LEW 15).

[Short silence……]

A Reading from Ecclesiastes 1:8-11

"The eye never tires of seeing, nor the ear of hearing. The future imitates the past; time is not a line but a circle; there is nothing new beneath the sun! For what seems new now is but the old forgotten, and what will seem new tomorrow is but today unremembered."

Thoughts…Why does the eye never tire of seeing? Because it never clings to what it sees. Why does the ear never tire of hearing? Because it does not hold on to what it hears. The eye sees and the ear hears and the neither clings to anything. Only narrow mind clings; only narrow mind treasures memory over the moment and reduces the future to an imitation of the past. Narrow mind is made of memory and lives in the past. The present threatens It by

its very freshness. The present cannot be Imitated, and that is why narrow mind cannot grasp it.

There is nothing new under the sun. There is nothing new because there is nothing old. New implies old and there is neither in the present. Everything arises together in the eternal now. Narrow mind is forever cloaking the present in the past. Spacious mind is content to be present to what is in the moment. (Shapiro, R. The Divine Feminine in Biblical Wisdom Literature, p.74)

Meditation on Wisdom – with pauses between each reading

"When there were no depths, I (Wisdom) was brought forth…When he established the heavens, I was there." - *Proverbs 8:24; 27*

"I (Wisdom), came forth from the mouth of the most high…"- *Sirach 24:3*

"... and I (Wisdom), covered the earth like a mist... Over waves of the sea, over all the earth"- *Sirach 24:3,6*

"I was beside Him, an expert artisan. And I was ever His delight, Rejoicing in His presence." - *Proverbs 8:30*

"Delighting to be with the children of humankind…" - *Proverbs 8:30*

"She is a breath of the power of God, and the pure expression of God's glory." *Wisdom 7:25*

"She herself does not change, but she makes all things new…She is more splendid than the sun…and she outshines all the stars." - *Wisdom 7:27-9*

She displays her strength from one end of the earth to the other…and she orders all

things for the best." - *Wisdom 7:29-8:1*

"All Wisdom is from God. Wisdom is forever… Before all other things, she was created…" - *Sirach 1:1;4*

"You cannot count the grains of sand by the sea….You cannot count the rain drops (As you cannot measure Wisdom…)" - *Sirach 1:2*

"God Himself has poured her (Wisdom), out in all his works…Whoever loves her loves life…" - *Wisdom 7:27*

Beginning Meditation

Before beginning our meditation you may wish to adjust posture, you may wish to pay particular attention to the rhythm of your breath, taking a calming deep breath in through your nose, and a slow breath out through rounded lips, letting go fully. Then repeat this 4-6 times. If you have a sacred word you might notice its rhythm, perhaps in time with breath. During meditation, feel free to notice what it is you need today, whether it be your normal practice or to watch the candle, or to stretch your body and release tension. There is no need to complete the full 20 minutes if that is not for you. Simply allow your inner rhythm to be heard. We begin the meditation now.

Bell Sounds…

20-minute meditations begins…Count down timer starts

Bell Sounds…Meditation ends

A Vision of Divine Love By Hildegard of Bingen

In a true vision of the spirit in a waking state:
I saw a likeness of the most beautiful girl
With her face so aglow with a splendid brightness
That I could not really look upon her.
Her cloak was whiter than snow, and brighter than a star.
She held the sun and the moon in her right hand
And she embraced them tenderly, and I heard a voice saying to me:
The girl whom you see is Divine Love, who abides in eternity.
For when God wished to create the world
The One bent down in tenderest love
And foresaw every need,
Just like a parent preparing an inheritance for his child.
In this way the One carried out all works
In a great burning fire of love.
Thus all creatures in every species
And form acknowledge their creator,
Because Love was the primal stuff
From which every creature was made.
When God said; "Let it be done, it was done,
Because Divine Love was the matrix from which every creature was made, in the blink of an eye.
(Hildegard of Bingen, Letter to Abbot Adam of Ebrach, circa 1166 in Shapiro, R. The World Wisdom Bible).

Ends with usual closing prayers: Through Jesus Christ, by the Spirit, by whose breath our souls are raised to life, we in meditation in this time of crisis pray with all others, as one community and one world to One God, we unite with our brothers and sisters around the world. Moments of your personal prayer follow**…Amen**

Thank you for meditating with us, please join us again soon

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