

## THEME – ‘DIVINE ENERGY IN THE ORDINARINESS OF OUR DAILY LIVES.’

Brigidine Assembly Tullow, 8 July, 2019  
Brenda Kindregan, Cairde Bhride,

The annual Brigidine assembly began on a warm summer’s day in Tullow with Triona’s welcome to over 80 present. The opening ritual, led by Anna Hennessy, assured us of God’s special love from St John’s letter, *‘think of the love God has lavished on us by calling us God’s children...that is what we are...’* (1 John 3:1)

The keynote speaker, Brenda Kindregan, Cairde Bhride, a familiar face at Solas Bhride Kildare, led us in a further reflection on Divine energy in our daily lives. This theme was reflecting on the Forum theme, 2016: *‘Diving Energy animating fresh possibilities’*

Brenda began with a quote from his collection *‘Eternal Echoes’* by late John O Donohue. *“Everything that happens within and around you, calls your heart to awaken. The dream of your life has been dreamed from eternity. You belong within a great embrace which urges you to have the courage to honour the immensity that sleeps in your heart.”*

Like O’Donohue, Brenda placed the message of Divine Energy in the **‘IS-NESS’** of daily life and in its ‘ordinariness’ that includes joy, pain, sorrow and all that is going on in one’s daily life. It’s an **‘IS-NESS’** that allows for contradictions: pain as well as joy; light and dark; agony and ecstasy. (illustrated by her story of the Chinese farmer *‘Maybe’* by Alan Watts)

This ‘ordinariness’ is also captured in Paul Durcan’s poem - *“A man besotted by his batch”* (recited by Margaret Walsh, Cáirde Bhríde) in a near-ecstatic poetic commentary from the ‘check-out’ man at a Dublin supermarket, on seeing a ‘batch loaf’ in the grocery items. Durcan captures the energy and enthusiasm in the ‘ordinariness’ of the batch!



Brenda’s reflection recalled the wisdom of ancient ancestors, Celtic as well as East and West, along with the wisdom of today’s prophets and scientists. She reiterated the Science story as an important element of our cosmic story.

It was fitting that the wisdom of the ancient Celtic saints would begin with Brigid, our patroness, and the story of Brigid, Brendan (Navigator) and the Whales. Brenda recorded why Brigid heard the cry of the whale when Brendan, standing nearby did not! The answer came from Brigid herself: From the moment Brigid thought about God, God never left her. ‘Everything she did was in relation to God,’ she said.

Brenda holds that earlier cultures may become a heap of rubble and a heap of ashes, but spirits will hover over the ashes! What if we were to realise that there is nothing to add or take away from what is already here? (this question led to an interesting discussion)

Brenda brought to mind the ancient Gaelic ‘NEART’ (Sean O Duinn, OSB *‘where three streams meet’*) meaning the force, might, energy, super abundance of life. ‘NEART’ meant divine energy for our ancestors. Divine Energy was dynamic for them, giving movement to

everything. It held everything together as stable energy, filled everything with potential and possibility and yet is constantly changing. It is able to hold contradictions.

*'To live is to change'* says John Henry Newman

Often expressed as coming in and going out in 6 directions. Note these 6 in the prayer/Breastplate of St Patrick (Christ beside me, before me, to right, to left, above, below) and the 'Lorica' of Saint Brendan – *'protect me O Lord, to the right and left, front and behind, above and below.'*

For these saints, there was no separation between their lives and everything going on around them. Their experience comes out of contact with nature.

John O'Donohue believes that nature watches over the landscape...always wrapped in seamless prayer! *"Nature never seems cut off from her own presence. She lives all the time in the embrace of her own unity. Nature stays in the womb of the Divine, of one pulse with the Divine Heart."*

**Indra's Net** a metaphor that the modern physicist might reinterpret this as each and every quantum particle being intimately and immediately connected with each and every other.

Brenda made this net and displayed it in the sacred space!

"The Net has hung a single glittering jewel in each 'eye' of the net, and since the net itself is infinite in dimension, the jewels are infinite in number. There hang the jewels, glittering 'like' stars in the first magnitude, a wonderful sight to behold. If we now arbitrarily select one of these jewels for inspection and look closely at it, we will discover that in its polished surface there are reflected *all* the other jewels in the net, infinite in number. Not only that, but each of the jewels reflected in this one jewel is also reflecting all the other jewels, so that there is an infinite reflecting process occurring.



IN THE SECOND HALF OF HER REFLECTION, Brenda reflected on the value of Science and Quantum Theory, referring to Max Planck ('father' of Quantum Physics) *"There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together...We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of matter."*

Our reality-making is more than what we do, it is what we are. We are more than the sum of the parts. We belong to a greater Whole from which we receive our very being and without which we have neither meaning, purpose, nor uniqueness in the great cosmic drama. We discover our true uniqueness not in isolated, competitive individualism, but in convivial cooperation with the great evolutionary unfolding of our planet and our universe. Apart from the greater whole, we are worth nothing. We must become in our lives the things we choose to experience as our world. **When one person changes, s/he becomes a living bridge -both the pioneer and midwife- the seed and the sower- for every other person with the courage to choose the same path.**

In the fibres of the Universe, I am in the Jewel that brings about the change!

How does one sustain that sense of the Divine? (in a busy life) is it rooted in prayer? Being conscious that it is the Divine that is always working in me – *"I arise today..."* (St Patrick Breastplate) by Meditation and Reflection. Jesus went off to pray so that he could 'restore'

his energy. One way is to open up to nature: listen to the sounds; watch the plants; trees; hedges; birds; insects... Trust that the Net of Divine Energy is there, all around us.

Brenda ended her reflection with the Beatitudes – as ‘blue-print’ for our lives

Blessed are the Poor: In God's house shall they dwell  
Blessed too, the Gentle Ones: The land of Heaven is theirs  
Blessed are the Sorrowful: Solace is due unto them  
Blessed are the Peaceful: They are the family of the Living God.  
Blessed are the truly Hungry: For they are satisfied in God's house  
Blessed are those who Suffer, who endure hardship for justice  
Blessed even still are they - The Clean and Pure of Heart;  
It is no small reward: God's House is their desserts.

We are especially grateful to Brenda for her reflection and for all the preparation for it.

Geraldine Moore and Imelda Barry expressing their gratitude to Brenda on our behalf.



**Patricia Mulhall CSB**