The wonderful beauty of contemplation is that the opening of our heart is as natural as the opening of a flower.

To let a flower open and bloom it is only necessary to let it be — so if we simply are, if we become and remain still and silent, our heart cannot but be open and the Spirit cannot but pour through into our whole being.

It is for this that we have been created

*Dom John Main, O.S.B.*

Contemplation Handout 02, Baltimore Green Forum, Sunday, 27 November 2011