**Reflection: Julian’s Gift.**

**Hold out your palms.**

**I give to you the gift given to Julian.**

**A little thing it seems. So light, so small,**

**The world barely notices it exists.**

**Hold it in your palms for it is a treasure.**

**Let it rest.**

**Breathe in slowly.**

**Feel the dance of the sap rising to greet the light**

**Breathe out slowly.**

**Feel deep roots being drawn down into life giving water.**

**Breathe in slowly.**

**Feel the warmth of the sun kissing your face.**

**Breathe out slowly.**

**Feel the good earth steady beneath your feet.**

**Breathe in slowly.**

**Sense the wind/ air upon your skin.**

**Breathe out slowly.**

**Sense the grass dancing with life.**

**Feel the weight within your palm.**

**As you breathe in slowly**

**As you breathe out slowly.**

**Know the weight held within your palm.**

**Know it as if you hold your own life there.**

**This is the life that God has made.**

**It is so precious it is held forever in Gods palms.**

**This is the life that God loves**

**It is so loved body and blood tore asunder.**

**This is the life that God keeps**

**It is kept as a mother hen shelters her chicks.**

**I invite you to hold this small gift with thanksgiving.**

**This gift is a symbol that you are made, that you are loved and that you are kept by Thou who is love. Pure Love. Draw near and know as you are known by Love.**

**[Silence]**

**Take this as a further gift. A thread to help you find your way. Truth sees God, and wisdom contemplates God, and of these two things comes a third, and that is a marvellous delight in God which is love.**

**May this gift, freely given, be a reminder that guides you back and reminds you of this time, this place of solitude, this space where you were accompanied by Love.**