

We are, each of us, a little universe

How many of us can stand next to Niagara Falls without thinking about the Divine? Or the impossible power of thunder in a summer storm, the breathtaking beauty of a mountainside, the height of ocean waves, the innumerable stars in the sky, the majesty of an old growth Redwood Forest, or the force of gale winds?

From the grandest heights to the most minute organisms, God is there. The incredible majesty of the earth we inhabit and its mysterious forces can only reinforce our sense of wonder at the vastness of the universe.

Kent Nerburn, a writer who has spent many years bridging native and non-native culture, says, "We are all born with a belief in God. It may not have a last name or a face. We may not even see it as God. But it is there. It is the sense that comes over us as we stare into the starlit sky or watch the last fiery rays of an evening sunset. It is the morning shiver as we wake on a beautiful day and smell a richness in the air that we know and love from somewhere we can't recall. It is the mystery behind the beginning of time and beyond the limits of space. It is a sense of otherness that brings alive something deep within our hearts."

According to Astrophysicist Neil DeGrasse Tyson, "There's as many atoms in a single molecule of your DNA as there are stars in the typical galaxy. We are, each of us, a little universe." How cool is it that the same God that created the mountains, oceans, galaxies and molecules looked at all that is and thought the world needed one of you, too?

Prayer: Dear God. Help me to embrace the beauty and mystery of the world you have created...and that includes me!

Wishing you joy and good health,
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