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Up, up and away

By Elise L. Moore, C.S.B.

A hot air balloon company operates in a field across from our condo. On clear mornings, a brightly colored balloon fills with hot air until it stands upright. And then the guide and passengers climb into the gondola or basket, and the burner keeps firing until the air is hot enough to lift the balloon and the basket and the people, and they have a wonderful ride with new views of the area.

I've been on balloon rides, and I like to think of them as a spiritual metaphor for lifting our thought to fresh views of God and God's creation. The balloon might be like our human consciousness, and heating the air is filling our thought with spiritual inspirations. Being upright is expressing compassion, honesty, humility and wisdom. By continuing to pour in spiritual inspiration, ideas of God's goodness and power lift us up until the focus is no longer on the earth, on sickness and violence, but we are seeing higher views. We don't know, sometimes, where this journey will take us. We don't know all the views we are going to see. But with Christ as our guide, healing happens. As the Bible says, "And I, if I be lifted up from the earth, will draw all men unto me." All of us are being lifted by the Christ, by Truth and divine Love. To higher spiritual views that lead us to health and harmony.

So today, let these spiritual inspirations of God's goodness and power fill your thought, until you're feeling lifted up. With Christ as your guide, you can experience the freedom of physical healing, and the peace that comes with God's inspiration.