

Reflections on Mystery (Marge and Sharon)

Marge - insert reflection here

[Sharon's Reflection...] ~5 min

The Soul Matters small group packets always have a set of questions to ponder on the theme. They suggest reading through the questions until you find one that “shimmers” and then reflect on that one. Here's the question that stood out for me on the theme of mystery this month:

“As you've grown older, has life seemed to have more or less mystery in it?”

Without a doubt, I would have to say that for me, life does seem to have **more** mystery in it as I've grown older.

We've all heard it said that children experience life with a sense of wonder. That was true for me - I remember being wowed by so many things, like the beauty of the stars in the sky, the power of the ocean, and snow of course, but I don't recall regarding them as mysteries. Maybe I wasn't as curious as other kids, but I think I just accepted without question the existence of these awe-inspiring things in the world. I didn't yet appreciate how amazing it was that I lived in a world filled with unexplainable phenomena and that my being here on this earth, at this time, in this body was a mystery.

Growing up, my backyard was filled with trees that we would climb in the summertime. I remember appreciating the strength of trees as a child - I was impressed by how easily a big tree could hold my weight. And when the trees would let go of their leaves in the fall, my sisters and I would rake them up into big piles and have a blast jumping in them. It was sheer joy! We were happy for the fun we could have because of the trees, but their mystery eluded us.

But now I gaze at trees and I am astounded by the fact of their existence and how important they are to us! Understanding the process of photosynthesis and how trees take in carbon dioxide and produce oxygen is mind blowing. We can breathe because of the trees! I find the way trees express sacred geometry in the patterns of their shape, leaves, needles, flowers, fruits, pinecones, and nuts to be mysterious and beautiful. Trees teach us so much as well like how we are nourished by putting down roots. We would benefit from being more like trees, I think. They are strong, steadfast, resilient, and full of purpose. Sadly, they are also vulnerable. I've come to appreciate not only the mystery of trees and the miracle of their existence, but also how our existence is inextricably intertwined with theirs.

When I was studying nutrition, my biochemistry professor shocked us a little bit when he said, “the more I learn about the human body, the more I believe in God.” And as I began to study biochemical reactions and all the different processes in the body that are happening at inconceivably fast speeds, I came to appreciate what he was saying. Despite advances in science, we really know so little about how the human body works and once you think you understand something, that understanding always seems to rest on a mystery that hasn’t yet been solved. Even as we continue to deepen our scientific understanding of the mysteries of nature, it will always be nothing short of a mystery that something as complex as our world actually exists in the universe. And the fact that we can sit here and ponder that is yet another astonishing mystery.

As a parent, I wanted my kids to have more awareness than I did regarding the mystery of our existence. On occasion I would say to them “have you ever stopped to think about how we live on a PLANET, which is spinning around a SUN in SPACE. We live on a massive SPACESHIP! Think about that for a while!

I am grateful to be having this mystery-rich experience of living on Spaceship Earth with so many other living beings whether they are trees or animals or my fellow humans. And I still feel that childlike sense of wonder whenever I take the time to ponder the mysteries all around me. Thank you!