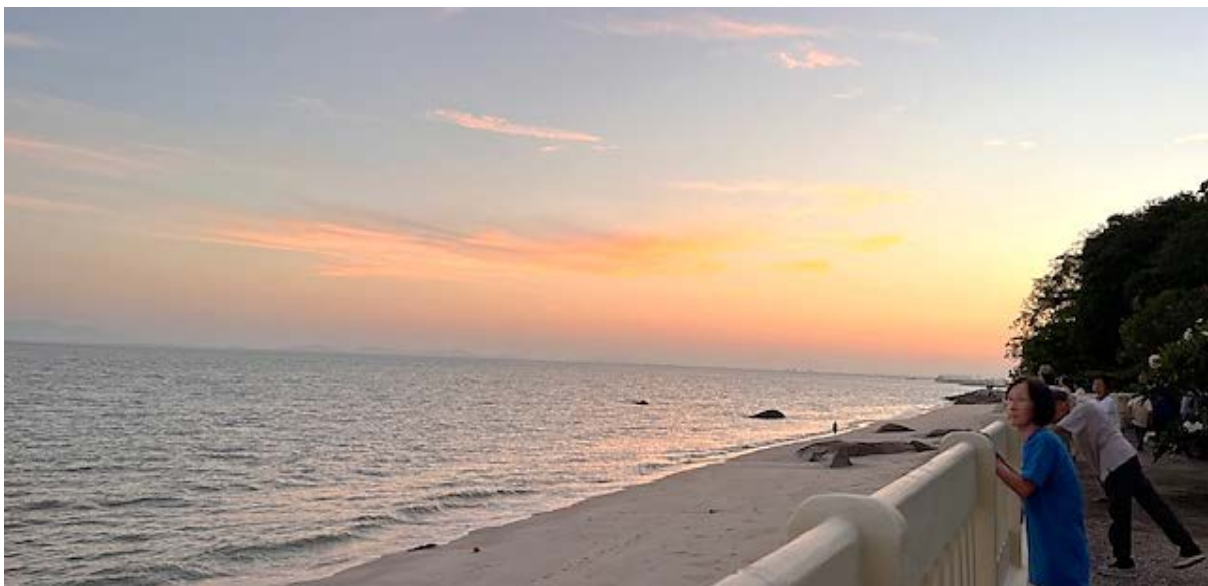


My Heart Learnt to Trust

Dominic Lim

I was very excited when my wife, who is a new meditator, decided to come with me for the WCCM Lenten retreat in Penang. For quite some time I had been trying to convince Prisca about Christian meditation, but I think her observation of me dozing off during meditation discouraged her. Nevertheless, through God's grace, she decided to come to this retreat, and I am grateful for that.



The Stella Maris Retreat Centre sits on a beach front, facing the wide-open sea. It was a very conducive place for reflection and meditation. The morning and evening waves gently provided the soothing rhythmic calm for the daily meditation routine, although we didn't meditate outdoors. And the fresh morning air brought a crisp start with new energy to each day as we continued our journey.

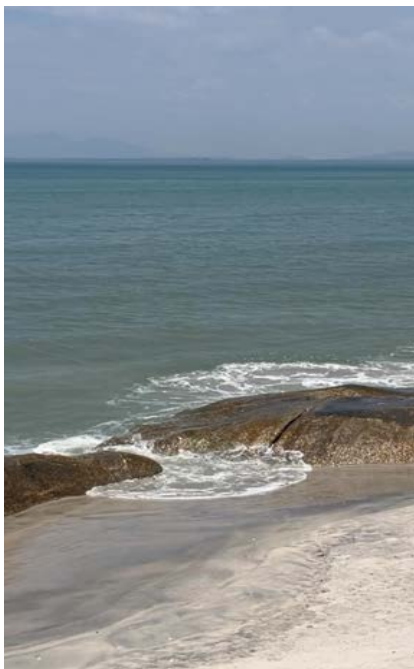
The WCCM Malaysia host team took care of every detail of hospitality. They made sure we were comfortable and ensured we were well fed. They even provided simultaneous translation into English when meditators from WCCM China took their oaths of oblation. The warmth and generosity of our hosts was a shining reflection of the love and sense of community that meditation builds. And of course, we were privileged and richly blessed to have Fr Laurence Freeman teaching us and sharing his insights during the Q&A sessions.

What did I get out of this time of retreat and reflection? I saw with clarity that my times of meditation were really times of openness to God's love in my heart, and that I needed this love to support me in all areas of my life.

In my counselling work with divorced couples, where the dark forces are active at work, I need to approach my activities with a contemplative outlook. I have to learn to remain calm, to listen non-judgementally, to pay attention to what the Holy Spirit was leading me to do. It became clear that meditation helps me grow in this contemplative approach not just during meditation but also in daily life.

How? When I try to listen to the mantra in silence during meditation, it's a work of attention. Being silent is a strict discipline and that helps me to master self-control – to guard my tongue and my racing thoughts. As I learn to be attentive to the Holy Spirit I become more fully aware that God dwells in me, that he created me and loves me for who I am. And as I grow in awareness of God's love for me, I realise he also loves the person I interact with and I am able to share this love with them.

Daily, as I watched the incoming afternoon tides splashing over two huge rocks these words flowed through my heart.



As the waves splash and recede,
as my troubles come and recede,
I remain grounded in the solid love of God!
Though it shapes me, I am calm.

Yes, for God to be my foundation, I need to remain faithful in my prayer life and trust in his love. My heart trusted.

As the retreat came to an end, I was awed to see how God works in mysterious ways. Fourteen young meditators of the WCCM China community, some related to each other as family members, took their final vows as Oblates of WCCM. Six were present at the ceremony and eight joined online. Two oblates gave their testimonies on how they were touched by God and the WCCM community and came to want to live a way of life committed to the Rule of St Benedict. Their sharing inspired me to commit myself to greater faithfulness in my meditation journey.

I thank God for this time of learning and growth.