

Why?

A meditation
by Forrest C. Gilmore

A note to the reader – As you finish each paragraph, pause and dwell on the thoughts suggested there.

I want you to come with me to the sea shore. We are there alone. It is getting on toward evening, and the sun is beginning to set. Gradually, you become more aware of the moment in which you find yourself. You realize that your feet are bare, and you can feel the grains of sand on which you stand. You sense the cool water that washes over your feet now and then, and you feel the sand moving beneath you; you feel little bubbles of froth as they move gently over your feet. You sense the awesome power of the waves and they move to and fro.

Then you feel a soft breeze that moves over your body. It seems even to caress you; it is both cool and warm; somehow, you seem to sense the warmth of the sun in it, yet there is also the coolness of the ocean in it. Suddenly, you feel uncomfortable, for you realize that the breeze is touching your bare chest and groin -- you are completely naked!

Oh! But this feels so wonderful! Don't let the moment pass! The smell of the ocean now beacons you back into the scene.

You realize that the sky is darkening, and the clouds begin to take on deeper shadows and reflect bits of color. Gradually, the entire sky in front of you begins to take on glorious color. Shades of purple, red, yellow and orange fill the entire sky.

You are overwhelmed with the beauty. Wonderful color as far as your eye can see. And you begin to realize that you are seeing things that are a great distance away. So far away that you can't even focus on them.

For several minutes, you are enthralled by the beauty of the sunset. As the sun begins to set, you wish you could hold it back. Finally, it disappears as a brilliant red ball falling off the horizon. But you stand entranced; not wanting to leave.

The coolness of the gentle breeze is a bit uncomfortable, but the freedom you sense makes you want to hold on to the experience. Think of the one individual you love the most. Would you want that person to have this experience with you?

Then you begin to notice the sky above you. It is intensely black, but as you focus on it, you begin to see many sparkling lights; some are small and very faint; others are quite bright. Gradually, you start to realize the immenseness of the sky. You remember someone telling you that the light you see from even the nearest star was shone out over 4 light years ago, and that most stars are farther away than that! Traveling at the speed of light, the emanations of the stars take over 4 years to reach you! Yet, you are able to perceive their presence.

Then you begin to ask yourself some questions:

Where did all these things come from? Why do the stars shine? Why am I filled with this sense of awe as I look toward them? Why does the sun rise and set the way it does? Why is the sunset so beautiful?

Well, I know scientifically why it's colorful, and mostly shades of red, but why do I feel that it is so wonderful?

Why does the breeze blow constantly? Why do the waves come and go unceasingly?

It all seems so mysterious; so powerful; so majestic -- words can't capture the experience!

Suddenly, you remember that you are naked! And you also then realize that someone else is there with you! Do you feel uncomfortable? Have I done or said anything that would cause you to feel uncomfortable?

Have you ever stopped to think that there is someone who knows everything about you; even knows your thoughts!

Does this make you uncomfortable? Or are you not aware of it?

Are you so caught up in enjoying the moment that you forgot that someone else was sharing it with you?

Did you even think about that person? Did you wonder what might have been going through his/her mind; what he/she might have been experiencing?

What if someone had created the sunset that you just experienced? What if He could sense what you felt as you watched this event? What if He took pleasure in your enjoyment? Could it be that He even caused you in some way to have these feelings of joy and wonderment? Could it be that He, in this way, is letting you know of His presence? Could it be that He has even more wonderful things to show you, if you would simply acknowledge an interest?

And just as suddenly as the experience happened, it is over. You are back to reality. But hopefully, some thoughts will still linger, and the next time you see a sunset or look into the heavens, hopefully, you will once again wonder - why?