

Child Balm

Jesus: Don't be afraid – let your heart return to being childlike so that you may enter life with wonder, seeing me in the most delightful, simple ways. This will be healing for you. It will give you space from the heavy things you have seen and heard. It is my way to help you. So come, let me put my child balm on your eyes, your ears, your heart and your body. Feel delight – let it come and draw you to this way of being today.

Me: Jesus, I know this sounds crazy but I find it hard to leave the heavy things in a pile so that I can come and let you apply this incredible balm. I want to take it all with me.

Jesus: Well, you can't. It doesn't work that way. Think of it as laundry; it will always be there. There is always a pile to go back to and deal with. Can you walk away for just awhile?

Me: Yes, that is easier than thinking of leaving it indefinitely or forever.

Jesus: Maybe if you practice leaving it for short periods of time, you will be able to enjoy childlikeness for greater periods of time!

Me: That's hard to imagine.

Jesus: Not for me.

I lift my face up for the balm in my worried eyes. My ears feel opened up to all nature around me. The balm warms my heart; the lightness in my body makes me want to cry with relief. I have nothing to carry and this creates a song of peace that flows throughout my being.