

Harmony of Life

By Sharon S. King

**The world is filled with
Colours, sounds, living things –
A harmony of life
Reflected in you and me**



What glorious ways there are to experience the harmony that fills our world! Can't you just feel the underlying harmony in nature – in its vibrant colours, its cheery sounds, in its beauty and vitality?

Of course the harmony in music reflects the harmony in nature. When musical tones are sounded together, they can create delightful harmonies. In similar ways the atoms, cells, tissues, and organs of our bodies, function together in harmony, creating a resounding chorus of life as we allow the harmonising power of God's love to flow through us.

God's healing love harmonises the vital processes of our bodies to keep us strong and whole. It assures the life, strength and well-being that are part of God's perfect plan for everyone.

Are you concerned about your health? What can you do when illness seems to interfere with the smooth, harmonious functioning of your body temple? You can allow your heart to sing a harmonious song of life in prayer.

In the silence of prayer, feel God's healing, harmonising love filling you from the tips of your toes to the top of your head. Feel it as the revitalising life force that it truly is. See yourself as a fine instrument tuned to the rhythm of life that pulses through each cell. Let the sweet harmony of God's healing love fill you with energy and joy. As you do, know that this mighty power is renewing each tissue and organ and restoring wholeness.

Give voice to wonderful words of life in your innermost being. Let the positive words of your divine song help you to let go of frustration or fear. Let their message to the atoms and cells of your body carry you to the realisation of God's healing love within you.

When you are in harmony with God's healing love, your mind is open to the wisdom that helps you express more God-life and to the guidance that helps you know the right course of action to take. As you receive the answers you need, you will act upon them wisely and productively.



Are you concerned about the health of someone you care about? Enfold this person in loving thoughts, and let your heart song open the way to healing. Visualise the vibrant life and strength of God's healing love harmonising the vital processes within, and know that wholeness is becoming evident.

As you continue to look forward to wholeness, dear friend, remember that those musical chords that seem to grate on your ears can be replaced by chords of great beauty. Let the dissonances you experience become chords of love that resound with life and strength throughout your entire being.

“Above all, clothe yourselves with love, which binds everything together in perfect harmony” (Col. 3:14). As you seek greater expressions of life for yourself and those you love, remember that God's healing, harmonising love is at work in you now.

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**The love of God
heals and
harmonises every
fibre and tissue
of my being**