

## **Julian of Norwich (1342-1416+)**

Julian was an Englishwoman, who lived during several episodes of the Black Death. As a laywoman (possibly a widow, and mother who had lost her own children) she became gravely ill. "When I was thirty years old and a half, God sent me a bodily sickness, in which I lay three days and three nights; and on the fourth night I took all my rites of Holy Church, and weened not to have lived till day." Then Julian had sixteen "showings" or divine revelations.

### All Shall Be Well

"All will be well, and all shall be well, and all manner of things shall be well.... For there is a Force of Love moving through the universe that holds us fast and will never let us go."

### The Hazelnut

"And in this [sight], he showed a little thing the quantity of a hazelnut, lying in the palm of my hand as it seemed to me, and it was as round as any ball. I looked therein with the eye of my understanding, and thought: "What may this be?" And it was answered generally thus: "It is all that is made." I marveled how it might last, for it seemed to me it might suddenly have fallen into nought for its littleness. And I was answered in my understanding: "It lasteth and ever shall, because God loveth it. And so hath all things being by the love of God."

### Behold God in Everything

"Greatly ought we to rejoice that God dwells in our soul; and more greatly ought we to rejoice that our soul dwells in God. Our soul is created to be God's dwelling place, and the dwelling of our souls is God, who is uncreated. It is a great understanding to see and know inwardly that God, who is our Creator, dwells in our soul, and it is a far greater understanding to see and know inwardly that our soul, which is created, dwells in God in substance, of which substance, though God, we are what we are."

"The fullness of Joy is to behold God in everything."

"See that I am God. See that I am in everything. See that I do everything. See that I have never stopped ordering my works, nor ever shall, eternally. See that I lead everything on to the conclusion I ordained for it before time began, by the same power, wisdom and love with which I made it. How can anything be amiss?"

### God is Love

"Truth sees God, and wisdom contemplates God, and from these two comes a third, a holy and wonderful delight in God, who is love."

"Wouldst thou learn thy Lord's meaning in this thing? Learn it well: Love was His meaning. Who shewed it thee? Love. What shewed He thee? Love. Wherefore shewed it He? For Love. Hold

thee therein and thou shalt learn and know more in the same. But thou shalt never know nor learn therein other thing without end. Thus was I learned that Love was our Lord's meaning."

"I saw full surely that ere God made us He loved us; which love was never slacked, nor ever shall be. And in this love He hath done all His works; and in this love He hath made all things profitable to us; and in this love our life is everlasting. In our making we had beginning; but the love wherein He made us was in Him from without beginning: in which love we have our beginning. And all this shall we see in God, without end."

"God loved us before he made us; and his love has never diminished and never shall." "That love of God is hard and marvelous. It cannot and will not be broken because of our sins." ~

"Love was without beginning, is, and shall be without ending."

"He that made all things for love, by the same love keepeth them, and shall keep them without end."

"We are kept all as securely in Love in woe as in weal, by the Goodness of God."

#### Oneing with God

"Until I am essentially united with God, I can never have full rest or real happiness."

"The fruit and the purpose of prayer is to be oned with and like God in all things."

"When we, by the working of mercy and grace, be made meek and mild, we are fully safe; suddenly is the soul oned to God when it is truly peaced in itself: for in Him is found no wrath."

"Here saw I a great oneing betwixt Christ and us, to mine understanding: for when He was in pain, we were in pain."

#### Jesus Our Mother

"As we know, our own mother bore us only into pain and dying. But our true mother, Jesus, who is all love, bears us into joy and endless living. Blessed may he be."

"Our Savior is our true Mother in whom we are endlessly born and out of whom we shall never come."

#### Prayer

"This is our Lord's will... that our prayer and our trust be, alike, large."

"This is our Lord's will, that our prayer and our trust be both alike large. For if we trust not as much as we pray, we do not offer full worship to our Lord in our prayer, and also we tarry and pain our self. The cause is, as I believe, that we know not truly that our Lord is Ground on whom our prayer springeth; and also that we know not that it is given us by the grace of His love. For if we knew this, it would make us to trust to have, of our Lord's gift, all that we desire. For I am sure that no man asketh mercy and grace with true meaning, but if mercy and grace be first given to him."