



## The Cosmic Dance

Birth of Galaxies and Stars

Even while the young universe was expanding, another energy was expanding, another energy was at work-gravity. It was this power that brought protons and electrons crashing into each other in the fireball. In time it brought these particles together to form the first atoms. And it is gravity that keeps them dancing. This same energy of attraction formed giant invisible clouds in the blackness of space, clouds oozing with creativity that organized their elements and gave birth to stars-trillions of stars! Once ignited stars danced with each other and around each other, forming hundreds of billions of galaxies-circles, spirals, pinwheels, clusters-each astonishing, each beautiful...the Cosmic Dance!

This same energy of attraction exists on every level of being-alluring atoms, cells, ecosystems, and communities of people. It is the energy we call love; it is what shapes our lives, draws us toward what and whom we love, and allures us toward that for which we give our lives. All are invited to the Dance!

“Glance at the sun  
See the moon and the stars.  
Gaze at the beauty of earth’s greeting.  
Now, think.  
What delight God gives to humankind  
With all these things.” (Hildegard of Bingen)

### **Reflection:**

Contemplate the dance of your life.

Who has been part of it?

What invitations have there been that have shaped your life?

What is calling forth your energies now?

**Celebration:** Listen to a favourite piece of music and dance to it. Join in the dance of the universe.

Image: “Once Upon a Universe”, by Mary Southard, CSJ. Courtesy of [www.ministryofthearts.org](http://www.ministryofthearts.org)  
Reflection material adapted from *Once Upon a Universe in Story and Song*