

Emmaus Online Video Prayer and Meditation Library



“An Astonishing Secret Meditations – The Heart of Incarnation”

Daniel O’Leary

Thematic Index

This video series offers inspirational reflections from Daniel O’Leary on the mystery of the Incarnation and its implications for our daily living. Each reflection is supported with images, music and focus questions for personal reflection or group sharing.

Episode	Theme and Focus
Incarnation – The Fleshing of God’s Beauty	Incarnation is the fleshing of God’s beauty. Therefore, everything is beautiful in its own way. Every aspect of creation, of life, of humanity reveals the hidden beauty of God when experienced in the light of Incarnation. <i>(Daniel O’Leary)</i>

Incarnation - The Face of God	The raw, complete, undiluted humanity of Jesus is the key to understanding Incarnation. You could say that the human person, regardless of gender or perfection, is what the incarnate God looks like. Incarnation establishes the holiness of all humanity and creation itself. <i>(Daniel O'Leary)</i>
Incarnation - God IS The Energy of All Life	Incarnation is about recognising the glory in everything, in nature, in each other, in each daily happening. That is the challenge. We mostly miss the hidden beauty. God is the very energy, the web, the intelligence, the elegance and passion that energises all creation, all space and time, all experiences, all of life! <i>(Daniel O'Leary)</i>
Incarnation - Heaven, Here and Now!	Heaven may not so much be another place out there at the end of this world, it may be this world seen through the eyes of love. And eternity may not be what happens at the end of time but what is experienced in those deep and timeless moments when we get lost in the here and now. Everything – God, heaven, eternity are already here, already within. At times we are given glimpses of this mystery. There is such a graced connection between the heaven we wait for and the earth we now inhabit. <i>(Daniel O'Leary)</i>
Incarnation - The Body, The Threshold of the Divine	The Incarnation is the feast of the body; it celebrates the flesh; it honours the senses as the thresholds of the divine. It is in the body that we experience heaven; and it is in the body that God experiences the earth. ‘And God said: “May you delight in your body. It is my body too. Don't you know you are my senses? Without your body I cannot weep, and I cannot dance.” <i>(Daniel O'Leary)</i>
Incarnation - God At Home in Our Humanity	Our human nature, its being, its becoming and its presence, are the greatest of all the sacraments in revealing God's mystery and incarnate reality. Not even the angels could say that! The human is now the home of the divine. The search for God is no longer a dualistic search for God outwards. It is the recognition of what is already throbbing within us. <i>(Daniel O'Leary)</i>

Incarnation - The Real Presence of God	When we are in the presence of true love, we are in the Real Presence of God. In fact, true love IS the very incarnate presence of God. We do not have to struggle to find this presence because we're already in it. Every new friendship, every new break-through from a closed place, every real human experience is a sharing of God's presence. Whatever opens the human heart opens the heart of God as well. Something within us tells us that no matter where or how we formally worship, true love will always be the most intimate experience of God we will ever have. <i>(Daniel O'Leary)</i>
Incarnation - Truly Human, Truly Divine	Incarnation means that to be truly human is to be truly divine. Everything human and everything divine have now become one. Incarnation has revealed and confirmed that every genuine human emotion is ratified in heaven. Human love and forgiveness is divine love and forgiveness incarnate. Incarnation is God living AS us. Without being aware of the divinity in ourselves it is impossible to see it in others. This blessed insight and graced understanding comes to us only when we die to our false selves and nourish our true, authentic selves. <i>(Daniel O'Leary)</i>
Incarnation - Growing In Faith	There is a blessed and necessary intimacy between God and the soul that too often gets lost in the more external aspects of religion. It takes intense love to transform the heart, that authentic sacred space within every person. People grow in faith through their experiences and our experiences belong to the senses. <i>(Daniel O'Leary)</i>
Incarnation - Self- Realisation and Our Inner Work	Without the gift of imagination, it is very difficult to believe anything. The wholeness and holiness we search the heavens for is in fact right where we are at any given moment. It takes practices to perfect this perception. It takes great courage to set about regaining the lost rhythm of the soul. We generally postpone the work of self-realisation, the inner work of the ultimate questions. We do not live at our deepest truth, we forget that if we do not live our lives abundantly now, we never will. <i>(Daniel O'Leary)</i>

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