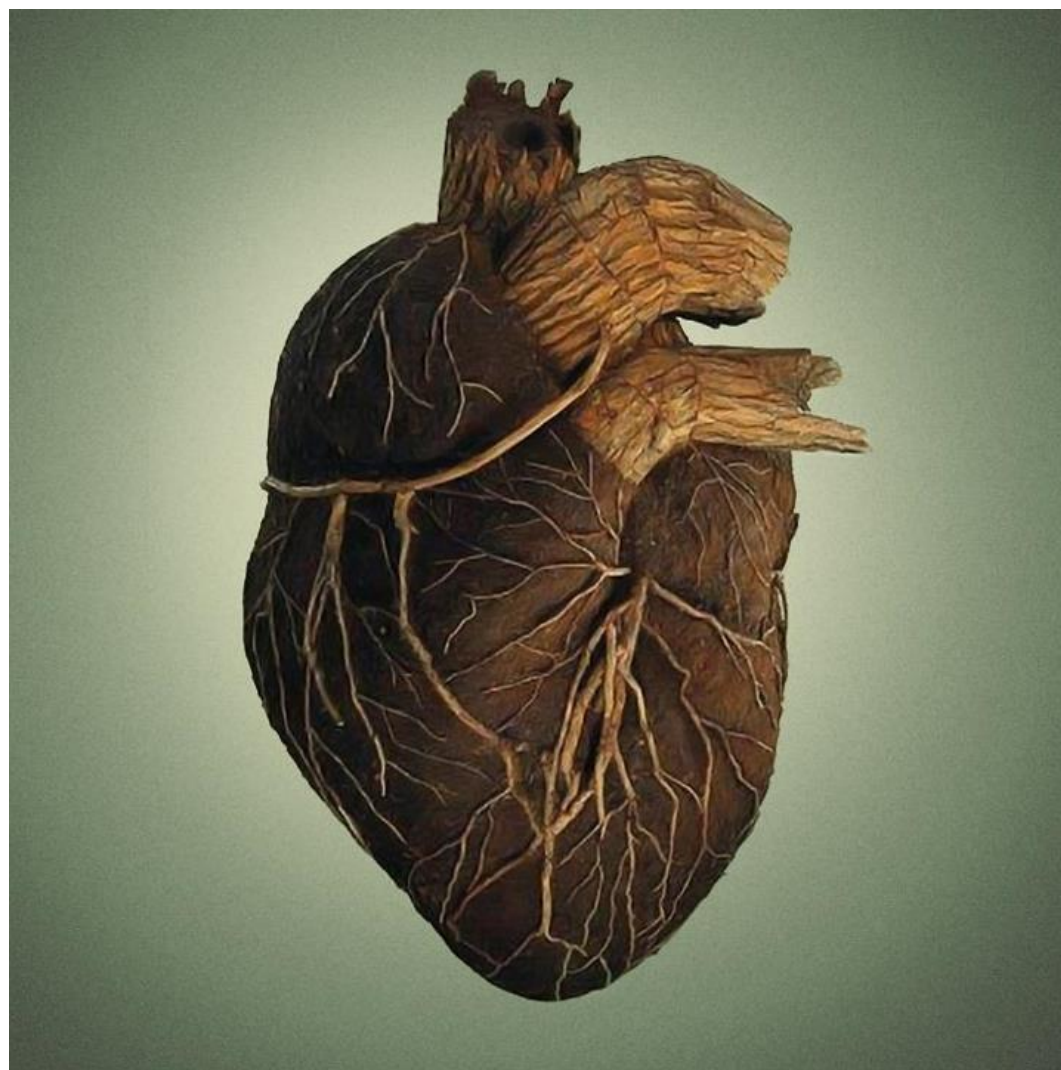


Into the Deep

**The Spiritual Life of Laity
in Regnum Christi**





—w—
RALPH MARTIN



THE
FULFILLMENT
OF ALL
DESIRE

—w—
A Guidebook for the Journey to God
Based on the Wisdom of the Saints



**CCC 1432 The human heart is heavy and
hardened. God must give man a new heart.
Conversion is first of all a work of the grace of
God who makes our hearts return to him...
The human heart is converted by looking
upon him whom our sins have pierced.**

Grand Canyon

From Wikipedia, the free encyclopedia

This article is about the canyon in the southwestern United States. For other Grand Canyons, see [Grand Canyon \(disambiguation\)](#).

The **Grand Canyon** (Hopi: *Ongtupqa*;^[2] Yavapai: *Wi:ka'i:la*, Navajo: *Tsékooh Hatsoh*, Spanish: *Gran Cañón*) is a steep-sided canyon carved by the Colorado River in the U.S. state of Arizona in North America. It is contained within and managed by Grand Canyon National Park, the Kaibab National Forest, Grand Canyon-Parashant National Monument, the Hualapai Tribal Nation, the Havasupai people and the Navajo Nation. President Theodore Roosevelt was a major proponent of preservation of the Grand Canyon area, and visited it on numerous occasions to hunt and enjoy the scenery.

The Grand Canyon is 277 miles (446 km) long, up to 18 miles (29 km) wide and attains a depth of over a mile (6,093 feet or 1,857 meters).^[3] Nearly two billion years of Earth's geological history have been exposed as the Colorado River and its tributaries cut their channels through layer after layer of rock while the Colorado Plateau was uplifted.^[4] While some aspects about the history of incision of the canyon are debated by geologists,^[5] several recent studies support the hypothesis that the Colorado River established its course through the area about 5 to 6 million years ago.^{[1][6][7]} Since that time, the Colorado River has driven the down-cutting of the tributaries and retreat of the cliffs, simultaneously deepening and widening the canyon.

For thousands of years, the area has been continuously inhabited by Native Americans, who built settlements within the canyon and its many caves. The Pueblo people considered the Grand Canyon a holy site, and made pilgrimages to it.^[8] The first European known to have viewed the Grand Canyon was García López de Cárdenas from Spain, who arrived in 1540.^[9]





CCC 2711 Entering into contemplative prayer...we “gather up” the heart, recollect our whole being under the prompting of the Holy Spirit, abide in the dwelling place of the Lord which we are, awaken our faith in order to enter into the presence of him who awaits us.

**CCC 2711 (cont) We let our masks fall and
turn our hearts back to the Lord who loves us,
so as to hand ourselves over to him as an
offering to be purified and transformed.**

**We have to regard ourselves as sealed,
even branded, by this mission of
bringing light, blessing, enlivening,
raising up, healing and freeing.**

Pope Francis, *Evangelium Gaudium*