

Day Five

***"I am circling around God, around the ancient tower,
and I have been circling for a thousand years,
and I still don't know if I am a falcon, or a storm,
or a great song."***

-- Rainer Maria Rilke

Today in your meditation, think about your relationship to the whole, to the larger web of life.
All those things or people in your smaller circles, teach you that you do in fact have much compassion and love.
You can love others as you love yourself.
You can release compassion and love into the world.
Also, you can receive compassion and love FROM the world!
The full circle of compassion is very much alive within you.

Prayer

***Compassion for myself
Compassion for others
Compassion for the world
For I love what you love.***

Day Six

Today, practice breathing, in and out.
Breathing in, breathing out, all of life becomes a breath.
Fully alive, fully connected, we know that our spirits are whole, and one, and unified with the Spirit of All.

Prayer

***I know that I am home.
I know that I am alive.
I know that I am in harmony.
I know that I belong.***



***Can you write
your own
prayer of
gratitude?***



Sabbath (6)

Take time to go to the Source.....

A WEEK of Sabbath Meditations

Take some time this week, each day, to be calm and rested. Try making a prayer centre near where you might sit and pray for a few moments each day. Gather items you like and arrange on the table near you. Light a candle. Or a bowl of water, floating blossoms.

Prayer comes to us from the Source of life. It goes out from us to the Source of life. Really, we are one with the Source of Life. And prayer is just a conscious awareness. After a week, can you notice a difference? Do you feel more rested, more calm, more connected?

Day one

Reflecting on the water: Water is the Source of all life.

What is the source of your life?

What is the inner spring which runs through you?

Has anyone helped you find it?

At what times in your life have you felt most in touch with the Source of your life?

At what times have you felt *not* in touch with the Source?

Prayer:

All of my life, replete with your bounty.

All of my days, savouring your beauty.

All of my love, arising from the source.

All of my spirit, astounded by goodness.

All of my journey, at one with all.

Day Two

Reflect on the phrase: Still water runs deep.

It can take a lot of power to stop running water: what is needed to do this in your life?

What in you is peaceful, calm?

What gives you quiet joy?

Can you describe your spirit in water-related words?

Prayer:

***Right now, I stop and breathe in the quiet.
Right now, I let the quiet fill my heart and soul.***

Right now, as I am full of peace, calm, and presence,

I find myself as I have been created to be.

Thank you God, for showing me.

Day Three

Obstacles: what obstacles are in your path? What debris floats through your life, keeping the water from flowing, or blocking the Source? What areas of your life need healing or hope, compassion or companionship?

Can you seek out that which you need?

Prayer

I am open to your love O God.

I am open to your light.

I am open to your being

For you are there in my being.

All I can, I will.

All I will, I own.

All I own, I give.

Day Four

Thomas Merton:

"The truth that many people never understand until it's too late, is that the more you avoid suffering, the more you suffer."

Today I will try to embrace my difficulties as spiritual challenges, which shape me, and which make me deeply human. If I can name and face those things which consume me, they will stop consuming me.

My tears connect me to the very heart of the world.

My tears help me have compassion for all of life.

What are the source of my tears?



"If while we practice, we are not aware that the world is suffering, that children are dying of hunger, that social injustice is going on a little bit everywhere, we are not truly awake. We are just trying to escape."

-- Thich Nhat Hanh

Prayer:

I give my heart to you O God.

I give my heart to you.