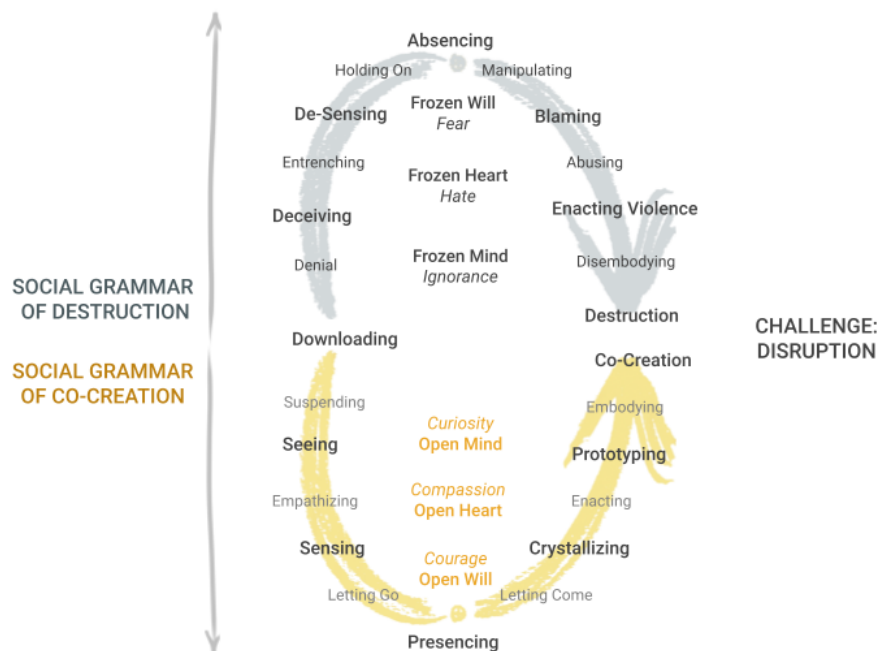


Bridging the Divides Message and Meditation **April 3, 2022**

For the past couple of weeks I've led us together into some messy inner work as *I've* wrestled with the challenging, yet ultimately hopeful work of Otto Scharmer. (cue first slide)



We've looked at what happens when we fall into *absencing*, our minds, hearts and wills, our agency, frozen in the false belief that we are separate, frozen in othering, frozen in denial. We tried to look beyond our blindspots to see with our God eyes, to open our minds, our hearts and our hands, to recognize the invitation to help each other lift the boulders-- of pain and sorrow, of injustice, of separation-- that sometimes weigh us down.

As I've mentioned, when I first read these two essays, my Holy Imagination got all fired up! I questioned, grappled, considered Sharmer's words and the implications, thought hard about where they rubbed or invited my mind to follow. But there were two things he wrote about that made my heart jump in, saying "YES!" First was a simple truth that Unity already holds as principles: we share in One Consciousness, and where we direct our thoughts and attention matters-- because "form follows consciousness."

The second is that transforming the world requires us to start small: “starting in small circles and communities, both place-based and digitally linked (Hello digitally linked beloveds!), that are aligned around a shared awareness and a common intention..[that] share a desire to transform the currently dominant social field of destruction by practicing different ways of operating.”

A world transformed by the spiritual awakening of all. We awaken to and embrace the Divine essence of all beings through prayer and service to our community and the world.

This morning, I invite you to cross the bridge, to step across the abyss of what seemingly divides us by going deeply within. (cue second slide)

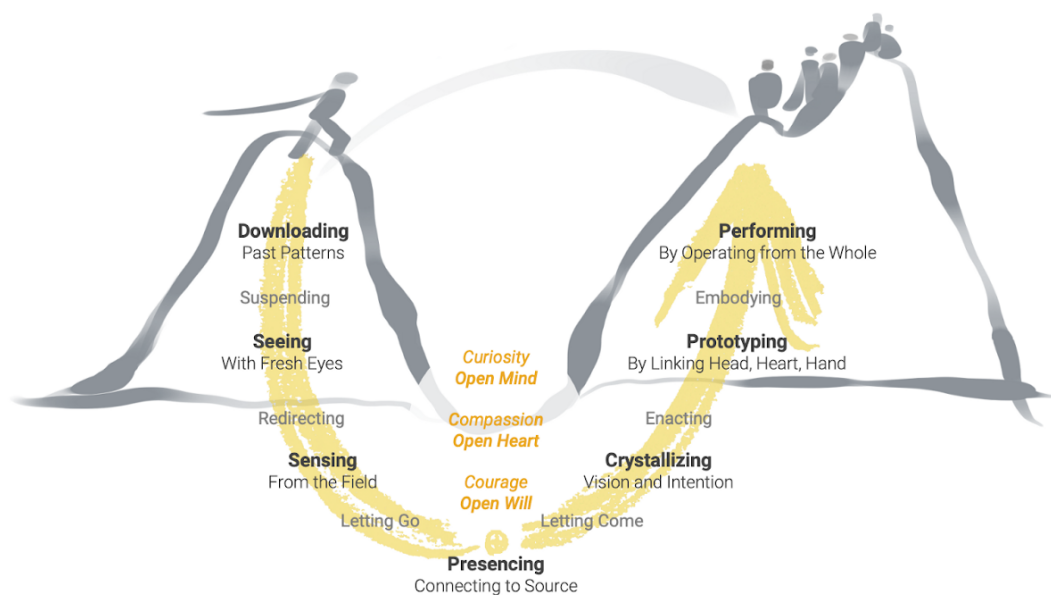


Figure 4: Facing the Abyss Created by the Age of Disruption: The Path Across Is Within (drawing by Kelvy Bird, Source: [Scharmer 2018](#))

The way across is within. We build bridges by individually and communally connecting to Source, by inviting in, by crystalizing our vision and intention (our mission!), by opening our minds, hearts and hands, by EMBODYING our Divine presence, by seeing, acting-- operating from-- the Whole of our being, which is not separate from the Whole of Source.

One of the Otto Sharmer rabbit holes I went down led me to an interview from 1999 with renowned cognitive psychologist Eleanor Rosch, where she describes how we are led to awareness of our true nature:

“If you follow your nature far enough, if you integrate and integrate, if you follow your nature as it moves, if you follow so far that you really let go, then you find that you're actually the original being, the original way of being. The original way of being knows things and does things in its own way. When that happens, or when you get even a glimpse of it, you realize that we don't actually act as fragmented selves the way we think we do. Nothing you do can produce this realization, can produce the original way of being. It's a matter of tuning into it and its way of acting. It actually has a great intention to be itself (so to speak) and it will do so if you just let it...

The whole has always been there. The question is how does [our sense of] fragmentation come into being? You can ask that as just another speculative head trip, or you can ask it as a real practitioner's question where what you mean is, *how can I find where it fragments so that I can get back to its original state (which I've actually never left)?*”

I could spend the rest of my talk in a heartfelt, but intellectual conversation about awareness, of interconnection, but Holy WOW, and thank you Dr. Rosch for inviting me into these heady questions **as a practitioner**.

Because our minds already believe **this**: *A world transformed by the spiritual awakening of all. We awaken to and embrace the Divine essence of all beings through prayer and service to our community and the world.*

Now, let's rest in Source together.

Come again into the stillness, into the quiet of hearing your breath in and out. For a moment, close your eyes or soften your gaze, and simply come into the Presence. “At the place within me where all appearances of separation dissolve, I feel only peace, only God, only Oneness. I think peace. I feel peace. I am peace.”

“At the place within me where all appearances of separation dissolve, I feel only peace, only God, only Oneness. I think peace. I feel peace. I am peace.”

Please open your eyes again, and come into the Presence in this way:

- Place one hand on your heart, and raise the other in blessing. *I am peace.*
- Here in the sanctuary, please turn and meet the eyes of someone you are sitting near.
- At home, if you are with a beloved human, or a beloved pet, meet their eyes now.
- And if you are alone, my digitally connected beloveds, I will be your presencing partner. *(We settle into the comfort, or discomfort of making eye and heart contact with our partners for a minute or so...)*

“At the place within me where all appearances of separation dissolve, I feel only peace, only God, only Oneness. I think peace. I feel peace. I am peace.”

Make a gesture of gratitude to your partner... and once again, gently close your eyes, or soften your gaze to look within, hands can rest on your lap open to receive, or rest warmly over your heart...

We bridge the divide through presence, through forgiveness, through compassion. Bring to your heart-mind a situation that needs healing, that calls out for transformation, and bring it now in the quiet to the Source of All Love..

Hear this wisdom from Release and Renew:

“ True and authentic forgiveness can only be achieved by divinity, by the indwelling spirit in each being. That is the Forgiveness that authentically heals and breaks us free and that is the forgiveness Jesus teaches.

Lent...invites us to go within ourselves, and there, in the silence of our soul, commune with the Source of all good, the Source of life, light, and love...

The indwelling spirit only perceives the Divine in each being, only sees the truth, the light, and the love, which are our true nature. We are Divine in essence; we are pure spirit and all its potential. Therefore, in the face of life situations that cause suffering, grief, or guilt, let us allow Spirit to do its healing work through us.

Steeped in the Presence of Source, the ground of our being, the Whole that is always and everywhere present, our original state of being, that we've never truly left, in the embrace of the Beloved, let us offer this prayer once again.

Metta Meditation for Peace, based on traditional Buddhist Metta practice, written by Starr Regan DiCurcio

May I be filled with loving-kindness.
May I be well.
May I be peaceful and at ease.
May I be happy, wise, and free.

May those we love be filled with loving-kindness.
May they be well.
May they be peaceful and at ease.
May they be happy, wise, and free.

May our community be filled with loving-kindness.
May we be well.
May we be peaceful and at ease.
May we be happy, wise, and free.

May those at war be filled with loving-kindness.
May they be well.
May they be peaceful and at ease.
May they be happy, wise, and free.

May all victims of violence be filled with loving-kindness.
May they be well.
May they be peaceful and at ease.
May they be happy, wise, and free.

May all refugees be filled with loving-kindness.
May they be well.

May they be peaceful and at ease.
May they be happy, wise, and free.

May all who heal, feed, or tend those in need in any way...
May they be filled with loving-kindness.
May they be well.
May they be peaceful and at ease.
May they be happy, wise, and free.

May all world leaders be filled with loving-kindness.
May they be well.
May they be peaceful and at ease.
May they be happy, wise, and free.

May the Universe be filled with loving-kindness.
May all be well.
May all be peaceful and at ease.
May all be happy, wise, and free.

May we be present to the voice of God, the Source of all love, peace, wisdom, freedom,
the voice of the Beloved whispering within. And may we *be presence* to one another.
May we live into our calling to be a community that is building bridges for a world
transformed by Love. May it be so. And so it is. Amen.