

Wherever we are, God is. And all is well.

Meditation and Message September 25, 2022 Rev Brigid Beckman

Meditation

This morning, I am going “hem” my message with a meditation at both the beginning and the end, using the prayer of protection as a vehicle for going deep within. As we come into our time of meditation, breathing in harmony with each other, shift and settle comfortably... let your hands rest at your side, or on your lap....notice all the places where your body touches where you sit, and feel yourself supported...

bring your awareness gently to your face, letting your expression soften and relax...and closing your eyes, or letting your gaze soften...

Take a few breaths in and out through the nose...and notice the pause between each breath... gently breathe in, feeling the belly rise...and fall, as you exhale... letting the next breath arise and feel yourself come into this moment of stillness.... fully aware we One with the Mother, with the Father, with Love, with God, with each other...

And notice-- rather than push away-- thoughts of any joys or sorrows or worries that you carry in your heart, invite them into this comforting stillness, just for a moment, allow them to float past your mind's eye, like clouds drifting across the sky... simply notice your feelings and thoughts with compassion and gentle curiosity...

The light of God surrounds me...breathe in light, breathe out light

The Love of God Enfolds me...breathe in love, breathe out love

The Power of God protects me...breathe in power, breathe out power

The Presence of God watches over me...breathe in presence, breathe out presence

Wherever I am, God is...

Message

Wherever I am, God is. Wherever we are, God is. And all is well.

I have come to love that Prayer of Protection, in all of the versions I've learned since I started here! For those of you like me, who may be newer to Unity, and this much loved

prayer, [here is a brief history](#) (courtesy of Unity Worldwide's website!) of how James Dillet Freeman came to write it. In 1940, as WWII raged in Europe, Freeman wrote a short prayer as part of the Christmas prayer service held for Silent Unity workers.

"The light of Christ directs me; The love of Christ enfolds me; The power of Christ protects me; The presence of Christ upholds me."

That original prayer service prompted the creation of a "protection pamphlet" titled *His Protecting Spirit* and that original prayer evolved while Freeman worked on the pamphlet. In his own words: "I had written it just for Silent Unity, but now it came rolling up to the front of my mind and demanded that I pay attention to it. It enticed me to see what I could make of it."

The prayer was printed in 1941, and became the now familiar and much loved, "The light of God surrounds me, The love of God enfolds me, The power of God protects me, The presence of God watches over me."

Then in 1943 the line came to him: "Wherever I am, God is."

"It enticed me to see what I could make of it."

It enticed me... I loved reading that phrase, because it resonated with how this simple prayer has almost snuck up on me! It has enticed me with its simple power and comfort. And it has evolved, and is evolving still, as we hear its words, say its words, and LIVE its words. Wherever we are, God is.

Sometimes Spirit *entices* us with wisdom, insight, comfort, nudging us with an invitation to open up to the voice of God-within us in EVERY moment.

Sometimes, I get a less subtle reminder that Wherever I am, God is. How about you? In my own evolution and spiritual journeying, over and over I get the reminder to slow down. To pay attention. To listen. To remember. To recognize. To trust. To Let go. I

might rise to the big occasions, buoyed by grace, and I truly know that God is with me, in EVERY moment of joy or sorrow.

And then I might forget that God is also with me in the small moments: times of frustration or disappointment; on mornings when I read the news and plunge into worry about the state of the world; or when I sit under a tree listening to the wind, or hear the rain fall, or talk to a friend...wherever we are, God is. Who or what reminds *you*?

The power of spiritual practices is in the process. It's in the *coming back*, again and again, to those ways of remembering that wherever we are, God is.

This past week for me has been a roller coaster of remembering...and forgetting... and coming back again. And as I say often, in showing up for you, in being accountable to you, my Beloved Community, I find my way home to renew my prayer life, my meditation time, the practices that remind me wherever I am, God is. This week during that 20/20/20 practice time, I discovered another classic by James Dillet Freeman, a prayer he wrote during the last 10 months of his wife Katherine's life, as they found God's strength, peace and comfort together as she was dying. It helped me find once again, a "God's eye view" perspective and led me back to *all is well*. Here is an excerpt from "I am There."

I Am There

Do you need Me?

I am there.

You cannot see Me, yet I am the light you see by.

You cannot hear Me, yet I speak through your voice.

You cannot feel Me, yet I am the power at work in your hands.

I am at work, though you do not understand My ways.

I am at work, though you do not recognize My works...

Only in absolute stillness, beyond self, can you know Me as I am,
and then but as a feeling and a faith.
Yet I am there. Yet I hear. Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.
Even when you feel most alone, I am there.
Even in your fears, I am there.
Even in your pain, I am there.

I am there when you pray and when you do not pray.
I am in you, and you are in Me...

Though you may not see the good, good is there, for I am there.
I am there because I have to be, because I am...

Though your faith in Me is unsure, My faith in you never wavers,
because I know you, because I love you.
Beloved, I am there.

Guided meditation on Prayer of Protection

The light of God surrounds us...now in your heart-mind, sense any sorrows or worries you hold and picture them surrounded by bright white, healing light...the light of the sun and moon and light of stars... surround your heart, and all that it carries, all the joys and sorrows, all the pain and promise... you are glowing with the healing light of God **...and know that we bear the Light of God to each other, because we ARE the light of God.**

The Love of God enfolds us... call into your mind-heart's eye, those people in your life in need of compassion and comfort... your beloveds, and strangers alike... those with sorrows close to home...and those whose lives are in peril around the world... and see them covered in a blanket of warmth, a blanket of love and compassion...every tender heart held in the hands of the Divine Mother-Father God... **and know that we bear the Love of God to each other because we ARE the Love of God.**

The power of God protects us... bring to your mind and heart all those in need of Divine protection...all those who live in fear and injustice... and release your own fears into the power of the ever-present Goodness... placing your trust in the Beloved who is with us in every moment, who walks beside us and within us in every circumstance...now release your darkest fears and renew the strength and courage of your heart...trust, **and know that we carry each other in power, because we ARE the power of God.**

The presence of God watches over us. Release your worry and renew your faith in divine order. Release your doubts and confusions and remember your divine power of wisdom. Know that the Beloved's faith is you never wavers...**and know that live in God's presence always because we ARE the presence of God.**

Wherever we are, God is.

Come back to full presence, and wherever you are, look around you and see the face of God. We are one with the Source of All Love. One with the Great Mystery. We are One. And all is well. And so it is. Amen.