

A Sanctuary in Time

Meditation and Message

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A Sanctuary in Time: Patricia and the sanctuary in time and peace her family has created as she nears the end of this life...

What if we thought of our lives in these physical vessels as a Sanctuary in Time—how might that shape our lives? How do we make our lives a sanctuary that blesses WHO WE ARE and WHO WE ARE CALLED TO BE?

We practice. We release. We pay attention. We stumble. We bless WHAT IS and Bless the opening of infinite possibility for peace, for growth, for healing...

From Wayne Muller in ***How Then Shall We Live?***

Practice: Attending to what we love

Attention is a tangible measure of love. Whatever receives our time and attention becomes the center of gravity, the focus of our life. This is what we do with what we love— we allow it to become our center. What is the center of your life? ...We become what we love. Whatever you are giving your time and attention to day after day this is the kind of person you will eventually become.

SO HOW DO WE PAY ATTENTION?

Self-Care: I take time to nourish my mind, body, and soul.

Saturday, Feb 25

Taking care of myself is vital to my mental, physical, and spiritual well-being. I honor my mind, body, and soul when I respond to how I feel... I allow myself to feel what I feel and affirm peace in all circumstances.

I enrich my soul with prayer and meditation, feeling the peace and power of God within. Taking time to quiet my mind and relax my body, I let go of the thoughts of the day. Even a few moments of stillness restore peace to my soul...

From Phillip Goldberg:

If it's really hard to figure out a way to squeeze a practice into your busy life, consider whether you have too much on your plate to begin with. Is everything you spend time on necessary? Can you remove any clutter from your days? re-examining your priorities can, in itself, be a spiritual discipline. Over time, regular practice will strengthen your spiritual immune system and fortify your inner sanctuary .

Anything can be spiritualized. The right attitude can make the mundane holy, and that in itself is a spiritual practice.

Becoming a Master of of the Time-Scarcity Demon by Leo Babauta

We know it well: the feeling of having too much to do and not enough time to do it all.

This is true not only of work — where we have too many projects, meetings, emails, admin tasks, calls, requests, messages — but also of our personal lives. We want to exercise, eat well, meditate, learn something cool, travel, go out with friends, spend time in solitude, go for hikes, read a million books, take care of finances and errands, keep up with podcasts and news and interesting online content and our loved ones on social networks and fascinating people on social media, while finding space for contemplation and quiet.

Whew.

How can we manage to do all of that in what is obviously limited time? How can we stuff all our hopes, dreams, tasks and errands into such a limited box?

One answer is to do fewer things — simplify by cutting things out of your life, do some things less or not at all. Another answer is to outsource, hire a team, delegate. These are all great options.

But true mastery of the time scarcity demon only really comes from a mindset shift.

BEFRIENDING WHO WE ARE ~ Pema Chodron

When people start to meditate or to work with any kind of spiritual discipline, they often think that somehow they're going to improve, which is a sort of subtle aggression against who they really are... But loving-kindness - maitri - toward ourselves doesn't mean getting rid of anything. Maitri means that we can still be crazy after all these years. We can still be timid or jealous or full of feelings of unworthiness.

The point is not to try to change ourselves. Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already. The ground of practice is you or me or whoever we are right now, just as we are. That's the ground, that's what we study, that's what we come to know with tremendous curiosity and interest.

Before meditation:

What are THREE things that suck your time, drain your energy?

During meditation— invite in curiosity, guidance, listening

After meditation:

What is there to release or to invite in? A practice? A prayer? A “booster shot” of inner calm?

(This is the quote about “sabbath” from my welcome)

- "Sabbath time can be a revolutionary challenge to the violence of overwork, mindless accumulation, and the endless multiplication of desires, responsibilities, and accomplishments. Sabbath is a way of being in time where we remember who we are, remember what we know, and taste the gifts of spirit and eternity," writes ordained minister, therapist, and author Wayne Muller.