

## ***Shift Happens***

Meditation and Message

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### **Loving kindness Meditation PRACTICE**

May the God of all love speak softly into our hearts, minds, and community as we come into our time of centering today. I'll share a short loving kindness meditation, with pauses of quiet around each set of phrases. Loving kindness is an unconditional opening of a compassionate heart...an offering to ourselves and to others... May we shift into renewed compassion in this time of shared stillness...

Take a moment to shift and settle, and connect to your breath in...and breath out... and to feel your body supported...

Allow your hands to rest comfortably in your lap. Gently close your eyes if you're comfortable doing so...or soften your gaze...

We begin with developing loving kindness first toward ourselves...allowing our hearts to open with tenderness and self-compassion and then bringing that to others, and to all beings...

And beginning now to wish yourself well ...

May I be filled with loving kindness and may I be held in loving kindness...

May I feel connected and calm...

May I accept myself with compassion,

May I be happy, safe and free...

May I be peaceful and at ease...

Now you can open the circle of loving kindness

In your heart feel your appreciation for your dear ones, and begin your simple offering...

May you be filled with lovingkindness

May you be held in lovingkindness...

May you feel my love and compassion now...

May you be happy, safe and free...

May you be peaceful and at ease...

Now, allow your awareness to open out in all directions...yourself, to those you love, and those you don't know, to those you find difficult...

Allow your awareness to open out to all beings...humans and animals living everywhere...those living in poverty, wealth, turmoil, peace, hunger, abundance... Be aware of all the joys and sorrows that all beings experience...

May all beings be filled with lovingkindness...

May all beings be happy, safe and at peace...

May all beings awaken and be free...

May all beings be happy...

[Adapted from https://www.fresno.va.gov/docs/Transcript\\_Lovingkindness\\_Meditation\\_.pdf](https://www.fresno.va.gov/docs/Transcript_Lovingkindness_Meditation_.pdf)

## **Shift Happens...but HOW???**

My week of grappling!!

- “All are Welcome” AND Setting boundaries
- “speak truth with love”-- calling IN vs calling OUT
- Drawing inspiration from spiritual guides: [Phil Goldberg](#), [Patricia Pearce](#), [Rosemerry Wahtola Trommer](#)
- FACE OUR OWN SHADOW and our Collective shadow
- Set boundaries with self respect, compassion, clarity, LOVE
- SACRED activism: are we looking inward before moving outward?

**Because** by Rosemerry Wahtola Trommer

Passages from Philip Goldberg: (p 199) “The healthiest and most beneficial service flows naturally from spiritual abundance...” “What do I want?” shifts to “How can I help?” Doing for others becomes as natural as protecting a child. And as the arms of empathy open wider and wider, the Sanskrit maxim...”the world is one family” becomes a lived reality. And who doesn't want to help their family? At the same time, it's always a good idea to monitor ourselves to make sure **our intentions and behavior are consistent with our spiritual values.**”

Philip Goldberg talks about how in his years as a student he marched, organized and protested against the Vietnam War and other social justice issues. He says "my actions were righteous but my inner life was a mess. I found my way to the spiritual path and before long switched from political to spiritual activism. I saw that social change was an inside job, and I was convinced that world peace would come only when enough individuals found inner peace....(p200)"

"All these years later, that perspective still seems valid. It also seems naive. The world did not change the way spiritual idealists like me expected it to. Inner transformation is clearly not enough, at least on the scale we've so far accomplished. But this too is obvious: activism *without* personal transformation is also not enough. The times call for a holistic, inside-out response to our Collective crises. We need social activists who work on their inner lives and we also need spiritually evolving people who care enough to make their presence felt. (p 201)"

"...people blessed with a strong connection to the Divine are more likely to be guided by a strong moral compass; to be motivated by higher goals than greed or status; to view the human landscape with empathy and compassion; to appreciate that human destiny is linked to the natural environment; to recognize and value the shared humanity of all racial, religious, and ethnic groups; to balance emotional intelligence with discernment and respect for facts; to care about the vulnerable and object to their exploitation; to embrace the other and welcome the stranger; to favor nonviolent solutions over aggression. Most of all, those whose awareness is rooted in Spirit see that we're part of something bigger than ourselves. Not by way of dogma or belief but through direct perception of the unity that pervades the limitless diversity of life. **This is vital because that sense of deep unbreakable connection is an antidote to the tribalism and petty loyalties that threaten to destroy us.** (p 203)"

Patricia Pearce: Faith and Fear (From BeingHuman: Containing Multitudes)

*“As I opened myself to the essence of Faith, I felt its serenity, its certainty, its assured calm. I felt it as an intrinsic quality of the eternal Self that knows no death, no danger, no fear. I could feel how the divine Self doesn’t have faith. It is Faith. What else could it possibly be, knowing, as It does, the Love that is the Source of Its being?”*

...

*But then, that afternoon after the meditation was over, I found myself feeling an amorphous dread. It wasn’t related to anything specific. Rather, I was experiencing the energetic essence of fear—the inverse of Faith.*

*The contrast between this feeling and that of the meditation couldn’t have been more extreme. And I had a sense that it was precisely the intensity of the Light I had experienced in the meditation that had flushed out of the shadows of my psyche the energy of fear.*

*As all of this was taking place, I sensed that what I was experiencing was a microcosm of what is happening on the planet right now. The intensity of the Love that is now flooding the Earth is flushing out of the shadows of our psyches everything that is contrary to Love and which we had judged ourselves for and tried to drive away. Our task now is to stop doing battle with any of it and make space for it, holding it in all compassion.*

*At this moment on this planet, we humans are growing increasingly aware that we contain multitudes, and we are facing unprecedented opportunities to grow in our capacity to make space for the complexities we carry within us. This, after all, is what it means to be whole: ceasing to reject any part of ourselves.*

*As far as the fear goes, what I find is that the more I make space for it, the more I am able to recognize that it has no substance. The more I hold it in Love, the more I come to know myself as the Love I truly Am.*