

Meditation

As we begin, pick and hand and make a tightly CLENCHED FIST...maybe experiment with curling and tightening your whole upper body around that clenched fist for a moment... and now release and see if you can soften everywhere except your clenched fist... as you settle the rest of your body, now cup your closed fist with your other other hand, and let them rest together on your lap...let's see how that closed, clenched fist responds to being held in the quiet of our time of shared meditation...

LOVING KINDNESS meditation between now and the election, a 100 day challenge. Prayer doesn't change outcomes, it changes us...

May I be filled with loving kindness.

May I be free from suffering.

May I be well.

May I be at peace. May I be joyful.

May you be filled with loving kindness.

May you be free from suffering.

May you be well.

May you be at peace. May you be joyful.

May all beings be filled with loving kindness.

May all beings be held in loving kindness.

May all beings be free from suffering.

May all beings be well.

May all beings be at peace. May all beings be joyful.

Message

How did YOUR clenched fist respond to being held? Did it open? Did it unfurl a bit of its tension? Did it remain cupped, ready to receive?

In the greatest confusion there is still an open channel to the soul. It may be difficult to find ... But the channel is always there, and it is our business to keep it open, to have access to the deepest part of ourselves - to that part of us which is

conscious of a higher consciousness, by means of which we make the final judgments and put everything together.

~ Saul Bellow

The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. ~Pema Chodron

- Inspired when I read the Saul Bellow quote while sitting and looking at the river as it flowed by sparkling in the sun, a channel marker guiding barges and boats traveling on the Hudson
- One afternoon, the window wet with rain, the metaphor clobbered me! The channel is ALWAYS there...I just sometimes don't see it in my clouds...

~John O'Donohue, in ***Bless This Space Between Us***

The way you look at things is not simply a private matter. Your outlook actually and concretely affects what goes on. When you give in to helplessness, you collude with despair and add to it. When you take back your power and choose to see the possibilities for healing and transformation, your creativity awakens and flows to become an active force of renewal and encouragement in the world. In this way, even in your own hidden life, you can become a powerful agent of transformation in a broken, darkened world. There is a huge force field that opens when intention focuses and directs itself toward transformation.

- So how is your channel doing today? How are you seeing the confusions in your life?
- Channel opens– confusion clears, tension softens- in prayer, in meditation, in walking, in talking with a beloved friend, petting a beloved furbaby, listening to music that stirs your heart and
- A door that closed on an opportunity, relationship, job...that opened into a new possibility
- Sometimes the channel to “yes, this” comes from saying no, setting a boundary, releasing a “should”
- How do we keep the channel open to embrace the divine essence of ALL beings, to lean into finding common ground in shared humanity, shared creation

The Blessings of Jesus

Blessed are those who know their need
for theirs is the grace of heaven.

Blessed are those who weep
for their tears will be wiped away.

Blessed are the humble
for they are close to the sacred earth.

Blessed are those who hunger for earth's oneness
for they will be satisfied.

Blessed are the forgiving
for they are free.

Blessed are the clear in heart
for they see the Living Presence.

Blessed are the peacemakers
for they are born of God.

(The Casa del Sol Blessings of Jesus — based on Matthew 5:3-9)
— *Praying with the Earth: A Prayerbook for Peace*

Blessed are the clear in heart for they see the Living Presence.

Prayer of Awareness

Clear our heart, O God,

that we may see you.
Clear our heart O God
that we may truly see ourselves.
Clear our heart, O God
that we may know the sacredness of this moment
and in every moment
seek You
serve you
strengthen you
as the Living Presence in every presence.
Clear our heart, O God
that we may see.