

People of Peace 2nd Sunday of Advent 12-8-24 Rev Brigid Beckman

Peace within me, peace surrounding me, peace from me, by thy Grace let there be peace

*Centering in, breath, physical sensation of the body being held wherever you are sitting ...
.opening to the experience of peace within, peace surrounding, peace from, opening to
awareness of BEING peace, our divine nature, even for a few breaths...*

Metta (Loving-Kindness) Meditation for Peace

based on traditional metta practice and peace prayer attributed to St. Teresa of Avila

May I Be At Peace

~Saint Teresa of Avila

May I be at peace.

May my heart remain open.

May I be aware of my true nature.

May I be healed.

May I be a source of healing to others.

May I dwell in the Breath of God.

For those we love

May you be at peace.

May your heart remain open.

May you be aware of your true nature.

May you be healed.

May you be a source of healing to others.

May you know you dwell in the Breath of God.

For our community, for those at war, all refugees, and all victims of violence and injustice; for those in leadership, for all who answer the call to heal, feed, and tend those in need in any way...

May we be at peace.

May our hearts remain open.

May we be aware of our true nature.

May we be healed.

May we be sources of healing to others.

May we know we dwell in the Breath of God.

**I dwell in the breath of God and radiate the peace of my true nature.
And so it is. Amen.**

Message notes and inspiration:

- How is your inner peace radiating these days? “Peace (like hope) is a choice that becomes a practice that becomes spiritual muscle memory.”
- AND, like Jesus whose incarnation we celebrate in a few weeks, we also are fully human and fully divine incarnations– so peace (or hope, or compassion...) is not to “achieve” or “receive”... there is only more, or less, skill-fully, joy-fully, peace-fully awakening to BEING all that God calls forth in us, as us, through us
- We are NEVER apart from our Being. Moment by moment, choice by choice. I am either awake to the peace of the Holy One stirring inside, or I am slumbering, numb. Peace is more than the absence of tension. Peace is more than turning my face away from the suffering around me, or within me. Jesus demonstrated again and again that “Kingdom of Heaven” is HERE, and NOW, “I leave you peace that the world cannot give..”.

So how am I choosing, demonstrating, expressing, cultivating, the peace, the compassion, the mercy and justice that Jesus taught? And how are WE as a community awakening to all that longs to be expressed in us? Are we clear channels of the Divine alive in us?

I came across a fascinating website in my preparation this week: [Five Interrelated and Interdependent Spheres of Peace and Right Relationships](#)

“The Earth Charter definition of peace as rooted in right relationships, promote a very active conception of peace and the dynamic and transformative learning required to pursue and achieve it. he Earth Charter definition of peace as rooted in right relationships, promote a very active conception of peace and the dynamic and transformative learning required to pursue and achieve it...

and five interrelated and interdependent spheres of peace and right relationships that need to be nurtured toward the full development of the peacebuilder: the personal, the social, the political, the institutional, and the ecological...

In the personal sphere, peace requires that we actively strive to establish right relationship with ourselves...

In the social sphere, peace requires that we actively strive to establish right relationships with others...for our collective coexistence...

In the political sphere, peace requires that we actively strive to establish right relationships within and between groups of people, communities and organizations that are supported by just, nonviolent procedures and institutions for making and implementing policy and planning decisions at all levels of social organization...

In the institutional sphere, peace requires that we strive to institutionalize right relationships within and between all forms of organizations... [that is] how we organize and institutionalize the values, principles and norms of justice into systemic structures that moderate human affairs...

In the ecological sphere, peace requires that we actively strive to establish right relationships with Earth and its ecosystems of which we are a part and on which our survival and quality of life depend. Human systems are not separate from but integral to all living systems.”

Peace Prayer (attributed to Lao-Tzu, adapted)

If there is to be peace in the world,
There must be peace in the nations.

If there is to be peace in the nations,
There must be peace in the cities.

If there is to be peace in the cities,
There must be peace between neighbors.

If there is to be peace between neighbors,
There must be peace in the home.

If there is to be peace in the home,
There must be peace in the heart.

There must be peace in the heart
if there is to be peace in the home

there must be peace in the home
if there is to be peace between Neighbors

there must be peace between Neighbors
if there is to be peace in the cities

there must be peace in the cities
if there is to be peace in the Nations

there must be peace in the Nations
if there is to be peace in the world

May I Be At Peace

May I be at peace.
May my heart remain open.
May I be aware of my true nature.
May I be healed.
May I be a source of healing to others.
May I dwell in the Breath of God.

~ Saint Teresa of Avila

**I dwell in the breath of God and radiate the peace of my true nature.
And so it is. Amen.**