

*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:

Over the next two weeks, this peace prayer, along with my adapted verses, will ground my messages, and my own daily spiritual practice.

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

For this week, I want to start where I need to start— in my own heart! This morning as I took time in my morning practice, I finally said “Ok, thinking mind, you’re doing a great

job! Now, stand down, slow down!” Today, it took laughing at that hamster wheel of a mind to eventually grow aware— for a few breaths— of a sense of inner peace.

How is your “peace in the heart” these days? How about in the home— those intimate friendships and relationships with those we are closest to? What does it take to be in right relationship with yourself and those closest to you?

In the year-long “Rooting in the Sacred” course I’m taking, this month’s learning guide offered a few timely reminders of the starting point for inner peace and spiritually healthy, mature inner growth:

Self-Awareness – The ability to observe our inner world with clarity and honesty. It is the foundation for conscious choice and authentic living.

Self-Compassion – Treating ourselves with kindness and care, especially in moments of struggle. It honors our humanity and creates space for healing and growth.

Self-Regulation – The capacity to soothe and balance our emotions and nervous system. It enables us to respond thoughtfully rather than react impulsively.

Can I look unflinchingly, with awareness, honesty, humility and compassion into my own heart— into my habits, my patterns of reacting, my self-talk? Can I utilize my spiritual practices to be responsive vs reactive— in the moment, ideally, but I don’t know about you, I don’t always live up to my ideal! But I do remain *committed* to the practices that over time deepen the ongoing feedback loop of growing ever more self-aware, self-compassionate and balanced.

- “Peace (like hope) is a choice that becomes a practice that becomes spiritual muscle memory.”
- AND, like Jesus— the great example, a Wayshower— we also are fully human and fully divine incarnations of the Holy Mystery— 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 Source 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 and numb or I am frantically on the hamster wheel– mentally, or by being so busy that I am both distracted and distracting!
- Peace is more than the absence of tension. Peace is more than turning my face away from the suffering around me, or within me, or within my closest circles. 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– how are you– choosing, demonstrating, expressing, cultivating, the peace, the compassion, the mercy and justice that Jesus taught? How are we practicing *right relationship*, as the Buddha taught? What brings you to deeper self-awareness, self-compassion and more skillful self-regulation? Not by ignoring the world, or numbing to what is happening around and within you, but by noticing what keeps you rooted in Source, in the Holy Mystery, in God? Will you join me this week in that noticing? Will you simply pay close attention to your heart and your home, and see what opens for you?

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.

I dwell in the breath of God and radiate the peace of my true nature. As I open my heart and heal, I am a source of healing.

And so it is. Amen.