

Meditation:

*Centering in, notice breath, sense the physical sensation
of your body held wherever you are sitting
opening to the experience of peace and love found within the silence,
peace surrounding you,
love flowing to you and from you,
opening to awareness of your divine nature,
let the sound and silence wash over you, leading you deeply within...*

Right here, right now,
Right where I am, I breathe

Right here, right now,
Right where I am, I pray

I feel my heart go deeper,
I feel my soul go deeper,
I feel my love go deeper,

And so it is. Amen.

Message notes and inspiration:

From ***The Gentle Art of Blessing*** by Pierre Pradervand

“ You cannot grow spiritually if you are burden mentally by the habit of judging others. But do not take my word for it, try it for yourself. Try to systematically replace every single thought of judgment with blessing...”

He then quotes spiritual philosopher David Spangler who writes:

*Blessing is not a technique we perform but **a presence we embody**. It is not an act we do to someone or something, but a relationship we form with them...*

Beatitudes: with thanks to ***Prayers of the Cosmos*** by Neil Douglas-Klotz: ***The Power Within You***, by Eric Butterworth, chapter 6, *The Be-Attitudes*; and ***The Beatitudes of Peace***, by John Dear, adapted by Brigid Beckman

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Arise and walk forth, you who empty yourself of willful pride, surrendering to the One Source, who are open to inflow and outpouring of all there is in God; you embody heaven– the potential of Spirit alive in your human form.

Blessed are they who weep and mourn; they shall be comforted.

Arise and walk forth aligned with the One, you whose heart is in turmoil, who weep and mourn as you are led beyond your challenges; you shall be united inside by love for you embody God's compassion.

Blessed are the meek; they shall inherit the earth.

Arise and walk forth, you who have softened what is rigid within you with gentleness and humble recognition of your humanness, you who have attuned yourself to the Source; centered in God, you embody the strength and life of the universe.

Blessed are they that hunger and thirst after righteousness and justice; for they shall be filled.

Arise and walk forth, you who are aligned with the One, you who long for a foundation of inner peace, who hunger and thirst for physical justice, who seek the Source with your whole mind and heart; for you embody what is needed to birth a new society, heaven on earth.

Blessed are the merciful; for they shall obtain mercy.

Arise and walk forth, you who are tuned to the Source, you who from your inner womb birth and embody mercy, you who live life first from within; center your mind and heart on mercy and feel its warm arms embrace you.

Blessed are the pure of heart; they shall see God.

Arise and walk forth healed, you who have the courage and audacity to feel abundant inside, you whose lives radiate from a core of love, you who center your thoughts on the good, the true, on the beauty of ALL creation; you shall see the divine essence alive everywhere.

Blessed are the peacemakers for they shall be called children of God.

Arise and walk forth, attuned to Infinite, you who plant peace in each season, you who bear the fruit of sympathy and safety for all; you shall hasten the coming of God's new creation for you ARE unrepeatable expressions of God-potential, radiating peace and love.

We are NEVER apart from our BeingAND, like Jesus– the great example, our Wayshower– we also are fully human and fully divine incarnations of the Holy Mystery. So **blessing** is not something to “achieve” or “receive”-- there is only more, or less, skill-fully, joy-fully, awakening to BEING the Blessing that Source calls forth in us, through us, AS us.

Practice, cultivate, do our part, stand up, speak out, help to build up, reconcile, live out our calling, commissioned to disarm everyone and prepare for God's reign of peace on earth: these are the active words in *The Beatitudes of Peace*, the words that call us to *arise and walk forth*.

We ARE these blessings. That is how we come into this present existence, it is our true nature, it is the capital T- Truth of our being unrepeatable expressions as divine sparks of the Creator. Arise and walk forth; Be who you ARE, moment by moment, choice by choice; live out your calling as a beloved child of the Holy Mystery that birthed you, here and now!

May it be so. And so it is! Amen!