

May 4, 2021

O GOD of Peace, WHO has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength; by the Might of YOUR Spirit lift us, we pray, to YOUR Presence, where we may be still and know that YOU are GOD.

1st reading: Listen for a word or phrase that shimmers, beckons, addresses you, unnerves you, disturbs you, stirs you. Repeat this word to yourself.

2nd reading: Attend to the feeling or image that is connected to the word or phrase you have taken note of. Allow it to unfold in your imagination.

3rd reading: Attend to the way this word, phrase, feeling or image connects with the context and situation of your life right now.

From the Book of Joy: A Meeting of The Dalai Lama and Desmond Tutu by Douglas Abrams

“The ultimate source of happiness is within us. Not money, not power, not status.”

(Silence)