

Hinsley Zoom Saturday 15 May 2021

Chant: Inner Life of Being Bearing Christ within me come,

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honourably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Jalaluddin Rumi (13C Mystic)

Final Reading

Heart-Space

Do you think peace will come from some other place than here?
Some other time than Now?
In some other heart than yours?

Peace is this moment without judgment.
That is all. This moment in the Heart-space
where everything that is, is welcome.

Peace is this moment without thinking
that it should be some other way,
that you should feel some other thing,
that your life should unfold according to your plans.
Peace is this moment without judgment,
this moment in the heart-space where
everything that is, is welcome.

Adapted from *Peace is This Moment Without Judgment* by Dorothy Hunt

Prayer for Unity

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives. Amen."

Contemplative Outreach United in Prayer Day 2020

Centering Prayer Guideline 1. Choose a sacred word as the symbol of your intention to consent to God' presence and action within.

Intention and **consent** are the heart and soul of Centering Prayer

God's **presence** is the divine life within us. It affirms our basic core of Goodness, God's unconditional love. God's **action** is the grace of the transformation process.

From: *The Introduction to Centering Prayer material* Talk 2. The Method of Centering Prayer