

Sunday Morning Meditation

11/8/2020

I invite you to allow your body to relax and become still... Inhale deeply, allowing the Divine Breath to fill you... and release it fully, letting go of everything that came before this blessed moment... Give yourself fully to the Sacred Now... Let your breath settle into its own natural rhythm... Breathe easily and freely... Open your heart and mind... Invite the Presence of Spirit... right here, right now...

God is right here, right now... right where you are... Within you... surrounding you... breathing your breath... thinking your thoughts... feeling your feelings... Feel the Divine Presence within you now... Open to Its Love and guidance...

There is something that Spirit can only bring into the world through you... You are an intentional creation of a living, loving God... You have Spiritual Gifts that no one else has... There is a role in Creation that only you can play... Ask your Inner Wisdom, "What is trying to come forth through me now?" Allow Spirit to reveal it to you...

Deeply grateful for this time of Blessed Communion, we give thanks to the Source of all Creation for the many gifts of this day... We take this opportunity to acknowledge and appreciate the many blessings that are ours this day, and every day... We give thanks for our Beloved Community and the support we offer one another in our spiritual growth... We are truly blessed...

Please affirm with me that our thoughts, words, and actions align with our deepest spiritual identity, and that we each are inspired daily to give full expression to the gifts given us. The light of our souls shines brightly as we express powerful spiritual qualities in the world.

I invite you now gently to return your awareness to your surroundings ... notice the sounds both inside and outside ... become aware of your Beloved Community surrounding and supporting you... In just a few moments, we will begin our Celebration.