



REFLECTION By Rainer Maria Rilke, from *The Tao of Now*, page 301
July 22, 2020

If only we arrange our life in accordance with the principle which tells us that we must always trust in the difficult, then what now appears to us as the most alien will become our most intimate and trusted experience. How could we forget those ancient myths that stand at the beginning of all races, the myths about dragons that at the last moment are transformed into princesses? Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love. So you mustn't be frightened... if a sadness rises in front of you, larger than any you have ever seen; if an anxiety, like light and cloud-shadows, moves over your hands and over everything you do. You must realize that something is happening to you, that life has not forgotten you, that it holds you in its hand and will not let you fall. Why do you want to shut out of your life any uneasiness, any misery, any depression, since after all you don't know what work these conditions are doing inside of you?



CLOSING PRAYER
July 22, 2020

Loving God, you are with us in all our difficulties and all our joys. Help us to live without fear. Never let us fall or lose hope. Amen.

BLESSING

Go with us now, God, and strengthen us for our journey to act with beauty and courage. Amen.



PRAYER INTERCESSIONS

July 22, 2020

1. Help us to trust in the difficult, that we may gather the wisdom from within it.
2. Guide us to act with beauty and courage toward ourselves and others, that our actions may honor you.
3. Comfort those who are frightened, depressed, ill, anxious, and all who suffer, that they may know they are not forgotten.
4. Teach us to welcome those things or situations which cause us discomfort, that they may be opportunities for transformation.



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