



**REFLECTION** by Bo Lozoff, from *The Tao of Now*, p. 11  
September 16, 2020

The great teachings unanimously emphasize that all the peace, wisdom, and joy in the universe are already within us; we don't have to gain, develop, or attain them. Like a child standing in a beautiful park with his eyes shut tight, there's no need to imagine trees, flowers, deer, birds, and sky; we merely need to open our eyes and realize what is already here, who we already are – as soon as we stop pretending we're small or unholy.

I could characterize nearly any spiritual practice as simply being: identify and stop, identify and stop, identify and stop. Identify the myriad forms of limitation and delusion we place upon ourselves, and muster the courage to stop each one. Little by little deep inside us, the diamond shines, the eyes open, the dawn rises, we become what we already are. *Tat Twam Asi* (Thou Art That).



**CLOSING PRAYER**  
September 16, 2020

May our eyes remain open even in the face of tragedy. May we not become disheartened. May we find in the dissolution of our apathy and denial, the cup of the broken heart. May we discover the gift of the fire burning in the inner chamber of our being – burning great and bright enough to transform any poison. May we offer the power of our sorrow to the service of something greater than ourselves. Amen.

—The Terma Collective  
from *Life Prayers*, p. 111

## BLESSING

O God, show us where love and hope and faith are needed, and use us to bring them to those places.

Open our eyes and our ears that we may this coming day be able to do some work of peace for you. Amen.

—Alan Paton  
from *Life Prayers*, p. 104



## PRAYER INTERCESSIONS

September 16, 2020

1. God, help us to recognize the peace, wisdom and joy that already reside within us.
2. Help us to open our eyes and realize who we already are – and to stop pretending we're small or unholy.
3. Help us to identify the limitation and delusion we place upon ourselves, and muster the courage to stop each one.
4. Help us to see that little by little, deep inside us the diamond shines, the eyes open, the dawn rises, and we become what we already are. Thou Art That. Amen.



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