

REFLECTION

By Chögyam Trungpa from *The Buddha Is Still Teaching*, p. 64

September 23, 2020

The Awakened Heart

When you awaken your heart... you find, to your surprise, that your heart is empty. You find that you are looking into outer space. What are you, who are you, where is your heart? If you really look, you won't find anything tangible and solid. Of course, you might find something very solid if you have a grudge against someone or you have fallen possessively in love. But that is not awakened heart. If you search for awakened heart, if you put your hand through your rib cage and feel for it, there is nothing there except for tenderness. You feel sore and soft, and if you open your eyes to the rest of the world, you feel tremendous sadness. This kind of sadness doesn't come from being mistreated. You don't feel sad because someone has insulted you or because you feel impoverished. Rather, this experience of sadness is unconditioned. It occurs because your heart is completely exposed. There is no skin or tissue covering it; it is pure raw meat. Even if a tiny mosquito lands on it, you feel so touched. Your experience is raw and tender and so personal. It is this tender heart of a warrior that has the power to heal the world.

CLOSING PRAYER

September 23, 2020

God, drop your still dews of quietness
till all our striving cease.
Take from our souls the strain and stress,
And let our ordered lives confess
the beauty of your peace.
Amen.

—John Greenleaf Whitter
Prayers for Healing, p. 202

BLESSING

Let nothing disturb you, nothing frighten you.
All things are passing;
Patient endurance attains all things:
one whom God possesses wants nothing,
for God alone suffices.

—Saint Teresa of Avila
Prayers for Healing, p. 75



PRAYER INTERCESSIONS

September 23, 2020

1. Almighty God, who are mother and father to us all,
Look upon your planet Earth divided:
Help us to know that we are all your children.
2. Help us to know that all nations belong to one great family,
And all of our religions lead to you.
3. Multiply our prayers in every land
Until the whole Earth becomes your congregation,
United in your love.
4. Sustain our vision of a peaceful future
And give us strength to work unceasingly
To make that vision real.
5. Give us, O God, the tender heart of a warrior that has the
power to heal the world. Amen.

—Helen Weaver
Prayers for Healing, p. 216
—#5 Chögyam Trungpa
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