

SOUL BREAK

AT ST. JOHN'S ~ SANTA FE

REFLECTION

By Meher Baba, from *The Tao of Now*, p. 350

October 14, 2020

Life is not meant to be rich in spiritual significance at some distant date, but it can be so at every moment if the mind is disburdened of illusions. Only through a clear and tranquil mind is the true nature of spiritual infinity grasped – not as something that is yet to be but that already has been, is and ever will be eternal Self-fulfillment. When every moment is rich with eternal significance, there is neither the lingering clinging to the dead past nor a longing expectation for the future but an integral living in the eternal Now. Only through such living can the spiritual infinity of the Truth be realized in life. It is not right to deprive the present of all importance by subordinating it to an end in the future. For this means the imaginary accumulation of all importance in the imagined future rather than the perception and realization of the true importance of everything that exists in the eternal Now. There cannot be an ebb and flow in eternity, no meaningless intervals between intermittent harvest, but a fullness of being that cannot suffer impoverishment for a single instant. When life seems to be idle or empty, it is not due to any curtailment of the infinity of the Truth but to one's own lack of capacity to enter into its full possession...

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CLOSING PRAYER

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O Hidden Life, vibrant in every atom,
O Hidden Light shining in every creature,
O Hidden Love, embracing all in Oneness,
May we each who feels ourselves as one with You
Know we are therefore one with every other.

—adapted from Annie Besant
Prayers for Healing, p. 206

BLESSING

Today, today, today. Bless us...
and help us to grow.

—from the *Rosh Hashbanah liturgy*
quoted in *Prayers for Healing*, p. 211



PRAYER INTERCESSIONS

October 14, 2020

1. O God, teach us to Live Now, to be concerned with the present rather than past or future.
2. Teach us to Live Here, to deal with what is present rather than what is absent.
3. Help us to stop unnecessary thinking, rather, to taste and see.
4. Help us to take full responsibility for our actions, feeling and thoughts.
5. Help us to surrender to being as we are. Amen.

—Claudio Naranjo
from *The Tao of Now*, page 366



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