

SOUL BREAK

ΛϚ ST. JOHN'S ~ SANTA FE

REFLECTION Jack Kornfield from *The Buddha Is Still Teaching*,
pg. 251

November 18, 2020

The greatest lesson I have learned is that the universal must be wedded to our immediate personal circumstances to be fulfilled in spiritual life. The human gate to the sacred is our own body, heart, and mind, our history and the closest relationships and circumstances of our life. If not here, where else could we bring alive compassion, justice, and liberation?

We must first begin with ourselves. The universal truths of spiritual life can come alive only in our personal circumstance. This personal approach to practice honors the timeless and mysterious dance of birth and death, and also our particular body, our particular family and community, the personal history and the joys and sorrows that have been give to us. In this way, our awakening is a very personal matter that also affects all other creatures on earth.

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CLOSING PRAYER

November 18, 2020

O God, grant that we may walk in beauty, that our eyes may ever behold the crimson sunset. May our hands treat with respect the things which you have created, and may our ears hear your voice!
Amen.

—Sioux prayer (partial)
Quoted in *Prayers for Healing*, page 240

BLESSING

May you recognize in your life the presence, power, and light of your soul. May you realize that you are never alone, that your soul in its brightness and belonging connects you intimately with the rhythm of the universe. May you have respect for your own individuality and difference. May you realize that the shape of your soul is unique, that you have a special destiny here, that behind the façade of your life there is something beautiful, good, and eternal happening. May you learn to see yourself with the same delight, pride, and expectation with which God sees you in every moment. Amen.

—from *Anam Cara*, page 125



PRAYER INTERCESSIONS

November 18, 2020

1. Great Spirit, your dry lands thirst. We pray for your power to refresh your lands.
2. Great Spirit, your waters are choked with debris and pollution. We pray for your knowledge to find the way to cleanse the waters.
3. Great Spirit, your beautiful earth grows ugly with misuse. We pray for your strength to restore the beauty of your handiwork.
4. Great Spirit, your creatures are being destroyed. We pray for your power to replenish the earth.
5. Great Spirit, your gifts to us are being lost in selfishness and corruption. We pray for your wisdom to find the way to restore our humanity.

—U.N. Environmental Sabbath Program
Quoted in *Prayers for Healing*, page 224



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