

A guided meditation on being whole

1.

Begin at your head ... the part of you that watches, that listens, that assigns value and importance to what you see and hear and do. For now, at least, set a high value on being whole.

2.

Find the center of your body ... for now, center yourself in your spine, the connection between your head and all the rest of your body. Feel the load your spine bears in holding up your head, and thank it for its work.

3.

You have more than one center ... re-center yourself in your heart and feel it sending life throughout your body. Imagine your pulse beating in time with the heartbeat of the Universe.

4.

Your hands that are always busy, let them rest against your chest over your heart. Your legs too should be still. Let your feet rest as close to the Earth as you are able.

5.

You are now wholly in your body, but are you truly still?

Do you feel pulled apart? Are you blown like a leaf in the wind? Are you stuck on thorns and briars? Are you draining away like water running downhill?

6.

Name one – and only one – of the forces that pull you apart. Take it in your hands and hold it apart from all the rest. Know it to be separate from you, and to have limits in its power over you.

Let it drop from your hands: it falls past your feet and sinks down into the Earth.

7.

Now do the same for the next thing that pulls on you: take it, hold it, drop it and let it fall away into the Earth. And the next ...

8.

When you are done, what is left will be you, and only you. You have the strength to hold what is needful in your life and to discard what is not.

-Eric E. Sabelman

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