

Here are some quotes for you to ponder this week:

"When we reflect on the stirrings we feel within our own depths, we know that we, too, have been touched by the brilliance of a presence beyond our understanding. There have been moments when we knew, with heart-knowledge, that we were a part of something infinitely greater than ourselves. This energizes us from the inside."
-- Margaret Silf

"And you – what of your rushed and useful life?
Imagine setting it all down --
papers, plans, appointments, everything --
leaving only a note:
"Gone to the fields to be lovely. Be back
when I'm through with blooming.""
-- Lynn Ungar

"It has taken me years to realize that being a human being is not unprofessional. My training encouraged me to give away vital parts of myself in the belief that this would make me of greater service to others. In the end I found that abandoning my humanity in order to become of service, made me vulnerable to burnout, cynicism, numbness, loneliness, and depression. Abandoning the heart weakens us."
-- Dr. Rachel Naomi Remen

"In six days God made heaven and earth, and on the seventh day God rested and was refreshed. Here, the word "refreshed" literally means: God exhaled. The creation of the world was like the life-quickenening inhale; the Sabbath is the exhale. In our lives, without the Sabbath exhale, the life-giving inhale is impossible.
-- Wayne Muller



*From the rising of the sun,
to the going down of the
same, may the name of
the Lord be praised!
Psalm 113*



Sabbath (5)

*Even the trees recharge their
batteries.....*

Salute to the Sun

The Salute to the Sun is a traditional yoga practice, and has been adapted for this meditation by my friend Patricia Cane. If you have learned it elsewhere, by all means, stick with what you know.

If you are new to this form of body prayer, consider that our bodies, from tip to toe, are really just moving bundles of energy, full of life-forces of which we are only dimly aware. If you commit to beginning the day with a simple movement like this, you may soon find a renewed energy within you, like re-charging your inner batteries.

Steps:

- 1) Put on some quiet music. (we use Pachelbel's Canon)**
- 2) Look at your hands, rub them together, then in a few quiet moments, hold them in prayer position in front of you, in gratitude for this moment and for your life.**
- 3) Stretch arms out in front. Palms down and with thumbs linked, then lift your arms up (to the sun) until they are over your head. This will help you greet the energy of the day.**
- 4) Open your hands and welcome the fullness of the sun's energy. Open your mind and heart to be nourished and bathed in light. Think about all the vibrant gifts you will experience this very day. Ask for God's blessing on you.**
- 5) Very carefully, slowly and gently, bring your arms and hands all the way down to touch the earth. Be grounded in yourself. Think of the firm ground you walk on. Accept with gratitude the foundations of your life.**
- 6) Rest easy with hands on the earth. Let go of everything that is stressing you out. Breathe out your negative energy and let the ground take it in. Let your concerns and your worries be surrendered, in complete faith and trust.**
- 7) Bring your hands together, palms up, and gently return to the standing position. As you rise, let your hands bear new life and new energy, preparing you for the next step**

in your life's journey. There is a lot of strength for you, a lot of support for you, a whole web of love and care. Scoop it up in abundance!

- 8) Bring your arms out from your body, with palms up, at about shoulder level. Stand for a moment in this position. Open yourself to beauty, to love, to the gift of the day, to whatever may come your way this day. Be open, and prepared to offer your full attention and presence to the world in front of you.**
- 9) Bring hands back to prayer position in front of your heart. This helps pull energy and life in to your heart, into your being, into your soul. Be blessed, know that you are blessed, no matter what is happening in your life. You are a whole person, just as you are, just as God made you to be.**
- 10) Repeat the series of movements again as slowly or as many times as you wish, deepening your prayer and your gratitude each time.**
- 11) Last time around, end with Namaste, and offer a blessing to those in the room, if you are with others, or to the Divine, if you are alone. (or both!)**

