

Homework

Reflections Initiations by Air, Class 3: Questions and choices that lift your spirits

Opening prayer:

What thoughts do I dwell in? I have endless possibilities in which to wander and wonder in life. I could spend time in inspirational thoughts, letting myself get swept into the lightness of a psalm, "God's blessings are everywhere". I could embrace the deep truth that, "I have everything I need." I may not have all that I want, but how much do I want? And why do I want things? I'm not sure I've reflected upon that question long and hard. I wonder what I would discover about myself. I could wander into the rare air of truth – that life is but a very brief journey. Do I invest this precious gift of my life regretting my past or treating each day as a new surprise? Anything can happen. I could dwell in faith: I am blessed. Many times, I am not sure what that means, but how much do I need to have to realize my blessings? Maybe I was protected today from my own foolishness or saved from an accident. I often wander into thoughts that diminish my energy. I wonder what will happen if. If what? And then I make things up. I imagine a dark world taking over my life but the truth is I do not live in that dark world. Why do I then imagine that I might? Those are only dark thoughts and fears. I do not have to wander into those treacherous thought forms that become inner reptiles. They create an imagined world. I could just as easily choose to dwell in thoughts that radiate tranquility, hope, and blessings. "Lord, you have given me the ability – the power – to create the inner space in which I dwell. My mind seems to prefer the fearful side of life, full of despair and wounds. But my soul craves the light. Light, blessings, faith, and hope are the natural dwelling places of the soul. No wonder we seem to constantly struggle with ourselves. I recognize that it's easier to get to the world in which my mind dwells. I can touch that world. I can hear it and smell its fragrances. Its fears often do not seem imagined. But I have also experienced the power my soul has to quiet those fears in a second, to reduce the problems of my physical life to nothing more than a temporary breeze. That is Your grace flooding into my soul. That is the power that can evaporate an illness and resurrect a meaningless life. Grant me the grace to find my way back to my soul again and again. Hover over me, Lord. Bless all who share this Earth. Amen."

Your practice for the week

What is life purpose and what gives life meaning? Consider that purpose is not given, but earned, and meaning comes from knowing your values and not negotiating them.

- If you no longer obsessed about your life, what would you think about?
- If you had to choose between them, which force would you choose: love or truth?
- What values have you lost and found again in life?
- You are breathing grace ready to be utilized. What thoughts does this bring to mind?

Breathing Rare Air: Exercise

- Stretch your arms out and make a circle; You are that big.
- This is your "air field".

- Dark thoughts are pollution; obsessive narcissism is re-cycled. Meditative prayer and sacred thought are rare air. Rare air vibrates bright Light, burning through pollution.
- Select a dark thought that is polluting your energy field.
- Breathe grace into that thought: “Hover over me, God. I need grace to release this thought from my energy. There is no truth in this thought. It is a dark reptile and keeps me from loving my life fully. Hover over me, Lord. Pour grace into me now and always. Amen.”
- Just keep breathing. Dark thoughts always disintegrate with grace prayers. Sometimes it happens immediately and sometimes it takes several prayers. But it always happens if you maintain the vigil.

Closing prayer

What in my life does not have meaning and purpose? I am the one who brings meaning to everything I do. I give purpose to all my tasks. Nothing has meaning and purpose on its own. I am the one who needs to see gardening as the exquisite act of spending time with nature, sharing the intimate experience of planting life and participating in the cycle of the renewal of life. I am not on my knees digging dirt. I gratefully plunge my hands deep into living soil, amazed once again that in return for my planting flowers in this dark, fertile soil, the Earth will nurture these beautiful plants and my garden will once again bloom into a living bouquet of splendor. Nothing is as meaningful to me as nurturing life, no matter what form. “Lord, help me to give purpose and meaning to the lives of other people. Let me generously share whatever gifts I have with those in need. Grant me patience, understanding and compassion. Help me to stop looking for more and instead see where I am needed. Hover over me, Lord, and all those who dwell upon this Earth.”