

The Tides that Move Us

By Dan Gibson

Music for meditation and reflection

Always say "yes" to the present moment.

Surrender to what is.

Say "yes" to life and see how

life suddenly starts to work for you

rather than against you.

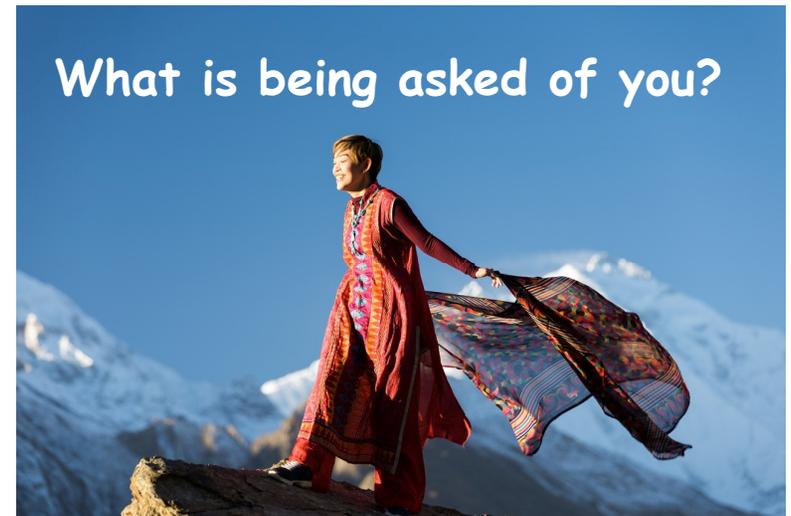
-Eckhart Tolle

Prayer Leader:

Syndie Eardly

10/16-17/2018

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Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.
God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence

Renew · Refresh · Refocus

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7415
centeringspace@srs ofcharity.org | www.centeringspace.org

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To Ponder

The Surrender Experiment

By Michael Singer

Surrender — what an amazingly powerful word. It often engenders the thought of weakness and cowardice. In my case, it required all the strength I had to be brave enough to follow the invisible into the unknown. And that is exactly what I was doing.

It's not that surrender gave me clarity about where I was going — I had no idea where it would lead me. But surrender did give me clarity in one essential area: my personal preferences of like and dislike were not going to guide my life. By surrendering the hold those powerful forces had on me, I was allowing my life to be guided by a much more powerful force — life itself.

By that stage of my growth, I could see that the practice of surrender was actually done in two, very distinct steps: first, you let go of the personal reactions of like and dislike that form inside your mind and heart; and second with the resultant sense of clarity, you simply look to see what is being asked of you by the situation unfolding in front of you. What would you be doing if you weren't being influenced by the reactions of like and dislike? Following that deeper guidance will take your life in a very different direction from where your preferences would have led you.

On my new path to awakening, life was no longer an obstacle to my growth. Life was now the battlefield on which I was to remain conscious enough to willingly permit my old self to be stripped away. But let it be clear, I still had plenty of resistance left in me that had to be overcome.

Reading

The Way It Is

By Lynn Ungar

One morning you might wake up
to realize that the knot in your stomach
had loosened itself and slipped away,
and that the pit of unfilled longing in your heart
had gradually,
and without you really noticing,
been filled in —
patched like a pothole,
not quite the same as it was,
but good enough.

And in that moment it might occur to you
that your life,
though not the way you planned it,
and maybe not even entirely the way you wanted it,
is nonetheless
persistently, abundantly, miraculously
exactly what it is.



Sharing...

a word...

a phrase...

a reflection...