

Everything is part
of the oneness of the universe.

Daniel May Fung Shui:
Music for Balanced Living on iTunes



Photo by Daria Nepriakhina on Unsplash



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
we share from our hearts.

Prayer Leader:

Peggy Gerovac
3 / 5-6 / 2019

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

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To Ponder: *Yin and Yang Overview* *by Bill Schoenbart & Ellen Shefi*

The Taoists who developed the system of traditional Chinese medicine saw the universe as a unified field, constantly moving and changing while maintaining its oneness. This constant state of change was explained through the theory of yin and yang, which appeared in written form around 700 B.C. in the I Ching ("Book of Changes"). . . .

According to the theory, nature expresses itself in an endless cycle of polar opposites such as day and night, moisture and dryness, heat and cold, and activity and rest. Yin phenomena are those that exhibit the nurturing qualities of darkness, rest, moisture, cold, and structure. Its Chinese character depicts the shady side of a hill. Yang phenomena have qualities of energy such as light, activity, dryness, heat, and function. Its Chinese character represents the sunny side of a hill. . . .

Since the Taoists believe that everything is part of the oneness of the universe, they make no distinction between the external forces of nature and the internal processes of the human body, believing that "the macrocosm exists within the microcosm." In other words, any process or change that can be witnessed in nature can also be seen in the body.

Reading: Tao Te Ching, Verse 16

Be totally empty,
embrace the tranquility of peace.
Watch the workings of all creation,
observe how endings become beginnings.

All creatures in the universe
return to the point where they began.
Returning to the source is tranquility
meaning submitting to what is and what is to be.

Sharing...

a word...

a phrase...

a reflection...