

Follow Your Heart's Desire

Jan Phillips

Follow your heart's desire
tune into what it feels
it leads to love alone
it knows the way to heal
Spread kindness everywhere
give more than what they ask
you've come to light the world
your power's unsurpassed

*"What you have seen me do,
you, too, can do and more,"
so said the holy one
who lives forevermore.*

The power's in your hands
the light is in your eyes
the love that holds you up
causes the sun to rise
Heaven is where you live
holy is what you are
the fire inside of you
is inside every star

You and the Source are one
you needn't look above
it's all inside of you
you're breathing pure love
The new is being born
The light is breaking through
The very one you seek
is in the heart of you.

Prayer Leader:
Subhana Cathy Graf

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Experience Your Life as an Incarnation



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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
we share from our hearts.

Renew · Refresh · Refocus

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7451
centeringspace@srs ofcharity.org | www.centeringspace.org

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To Ponder: Jan Phillips, *Still on Fire*

“My activism is my spirituality in running shoes. It is one energy manifesting in two forms: as wave and particle, yin and yang, thought and action. My faith is the sum of my spiritual commitments. My commitments are the foundation for my action in the world. My action in the world is a spiritual force of moral consequence. It culminates in kindness and leans toward justice.”

In Tibet Jan asked Dominican priest Father Oshida about the difference between Buddhist teaching and that of Jesus. Buddhism says to be still; Jesus says to speak out. He replied: “They same – Buddha the thought. Jesus the event. Same! Same!”

[Jan] “We’re simply evolving, from stardust to matter to conscious matter to whatever the next steps are after that. We’re participating in the evolution of consciousness itself, mind-at-large, coming to see and reflect on itself from a variety of perspectives. My body is here in the service of that, and though it will not survive, the consciousness within will continue to thrive.”

Father Oshida told her: “Experience your life and everything around you as an incarnation. Do not think with your mind. Go down to the depths. Experience wisdom.”

Reading: *Middle East Peacemakers* quoted in Dooley Noted

When faced with division,
may we seek unity.

In the face of darkness,
may we be light.

In times of desperation,
may we bring calm.

Where there is scrutiny,
misunderstanding, and fear,
may we bring contemplation,
understanding, and courage.

Sharing...

a word,

a phrase

a reflection