

30 DAYS OF PRAYER & SOULCARE

April 2021



One River ~ Many Wells

abqcs.org/30Days

30 Days of Prayer & SoulCare

Prayerful Festivities by Paul Cuffee, LSP

Welcome Lovers, Beloveds and Friends

Welcome lovers
Beloveds
And friends
Welcome to the celebration
That has no end
Here in the garden
Of heavenly delights
Illuminated by the fire of your heart

Here
The flame of love
Is
Kindled by prayer
Where angels are entertained
Unaware
And passion is stoked
By Spirit's caress
Welcome lovers
And beloveds
Be blessed!

continued on next page...

30 Days of Prayer & SoulCare

Prayerful Festivities by Paul Cuffee, LSP

...continued from previous page

Here the wine of God
Flows freely from tap
And the barkeep pours heavy
The brew
And we
God's drunkards
Revel in the divine
We have abandoned what is real
To embrace what is true

Love
Delight
Sweetness and light
Prayer and
Ecstatic reverie
So Welcome
Lovers
Beloveds
And Friends
Welcome to our
Prayerful
Festivities

Paul Cuffee
2021

30 Days of Prayer & SoulCare

Introduction & Welcome by Rev Amani Malaika

Welcome and congratulations on your commitment to a deeper spiritual practice for the next 30 days! Each day you will be guided through a different prayer. We know that you will discover new, fresh ways of engaging with the Divine.

Over the next 30 days, allow yourself to enjoy a sense of adventure and excitement. Knowing there is only One, permit yourself to explore the many glorious and multifaceted ways that world faiths celebrate that One.

You are encouraged to connect with a prayer partner weekly to share your experience and hold each other in prayer.

Please join us for the SoulCare virtual companion workshops that are listed on the next page. They will be held on Saturday mornings all month and will reflect the theme of the week.

As you are inspired and uplifted, all of humanity is also uplifted. So, again, thank you for your commitment to practicing 30 days of prayers.

For more details on our 2021 30 Days of Prayer & SoulCare and to sign up for SoulCare events and/or request a prayer partner go to our website abqcs1.org/30days or access the signup form directly [HERE](#).

30 Days of Prayer & SoulCare

Saturdays are for SoulCare

April

03

Introduction to 30 Days of Prayer & SoulCare
Affirmative Prayer Workshop with Rev Rebecca Allen
Cost: Free, included with sign up

10

Silent & Contemplative Prayer Workshop with Vicky Murata, LSP
Cost: \$25, or pay what you can, or pay more to sponsor others

17

Voiced Prayer Workshop with Clarissa Crowe, LSP
Cost: \$25, or pay what you can, or pay more to sponsor others

24

Visual Prayer Workshop with Madi Suarez, LSP
Cost: \$25, or pay what you can, or pay more to sponsor others

May

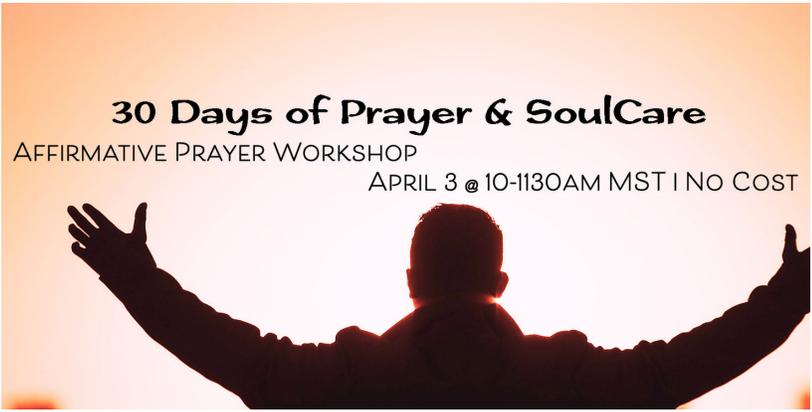
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Moving Prayer Workshop with Christa Keller, LSP
Cost: \$25, or pay what you can, or pay more to sponsor others

Week 1

April 1-3

by Rev Amani Malaika



4.1 Affirmative Prayer for Self

Using the 5 steps of Spiritual Mind Treatment (AKA Affirmative Prayer) from Science of Mind, you will use this prayer outline for yourself and your desire today.

There is only One; One Love, One Wisdom, One Perfection.

The One Perfection is right where I am, as me, through me, and all around me.

The perfection is unfolding as my life bringing _____

I am so grateful for the perfect life of the One and I know that _____

flows to me, as me, and through me abundantly right now.

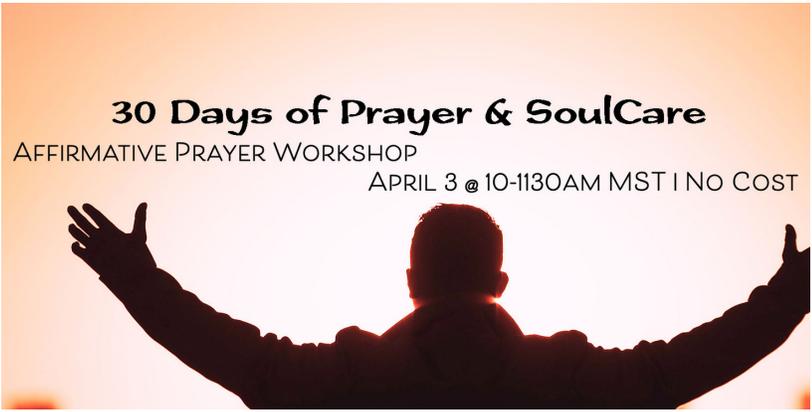
I let this prayer go into the law of Love knowing that it returns to me more perfectly than I can imagine.

And so it is!

Week 1

April 1-3

by Rev Amani Malaika



4.2 Affirmative Prayer for the World

Using the 5 steps of Spiritual Mind Treatment (AKA Affirmative Prayer) from Science of Mind, you will use this prayer outline for your prayer for the world.

There is only One; One Love, One Wisdom, One Perfection.

This Perfect One is all there is and is flowing through every moment, circumstance, and being.

I know this One Life is unfolding in Perfection revealing more _____

I am so grateful for the perfect life of the One and I know that _____

is expanding and revealing more and more abundantly.

I let this prayer go into the law of Love knowing that it unfolds more perfectly than I can imagine.

And so it is!

Week 1
April 1-3

by Rev Amani Malaika



4.3 Create your own Affirmative Prayer

There are no rules! You can follow the 5 steps provided in the previous days or you can find your own words that inspire you and affirm what you are envisioning for yourself and all of life!

Practice

As you move through your day come back to this prayer in your mind or out loud. Try praying it every time you cross a threshold into another room or you can set a reminder on your phone through the day. Just remember to have fun and feel all the juicy goodness of what you are affirming.

Week 2

April 4-10

by Dino de Leyba, LSP

30 Days of Prayer & SoulCare

SILENT AND COMTEMPLATIVE PRAYER WORKSHOP
APRIL 10 @ 10-1130AM MST | \$25 OR PWYC



4.4 Sacred Poetry of Science of Mind

Contemplate these words in stillness today.

Morning Breaks

I cannot make morning come
But can promise it will
For I know God

I cannot take the pain away
But know it will subside
For I know God

There is not enough lamp oil
But know they will be lit forever
For I know God

Encounter the sanctuary
Of your inner being
For you know God

No light too bright
No darkness unknown
For you know God

The world will take
What never belonged
For you know God

Morning will break
Our freedom is
And we will know God

Dino de Leyba

Week 2

April 4-10

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4.5 A Buddhist Teaching Story

Ryokan, a Zen Master was called to his brother's home. His nephew kept getting into trouble and it seemed nothing could be done. Whatever the family did made matters worse. The nephew was drinking, carousing, sleeping all day, and refusing to go to school. The Zen Master's brother begged him to come and do something to help. Finally, the Zen Master agreed to visit for a week.

When the Zen Master arrived, he unpacked his few belongings and chatted with his nephew casually about this and that. At night when the boy went to the bars, the Zen Master simply went along.

The following mornings, when the nephew slept Ryokan slept, when the nephew skipped school, the Zen Master kept him company. The Zen Master did not comment or offer advice. This went on for several days. On the last day of the Zen Master's visit, the Zen Master went into his room to pack. The boy was uneasy and waited for the scolding he expected to come, it never came. The Zen Master did nothing out of the ordinary.

Packed and ready to go, the Zen Master bent down to tie his shoelace, and as he did so, one single tear fell to the floor. The boy saw the tear and was deeply moved.

After the Zen Master left, the boy could not return to his old ways.

— Brenda Shoshanna in Jewish Dharma, provided by Susan Nettleton

Practice

Contemplate this story in stillness early in your day and again before sleep. Notice what meaning and understanding rise to your consciousness in both moments.

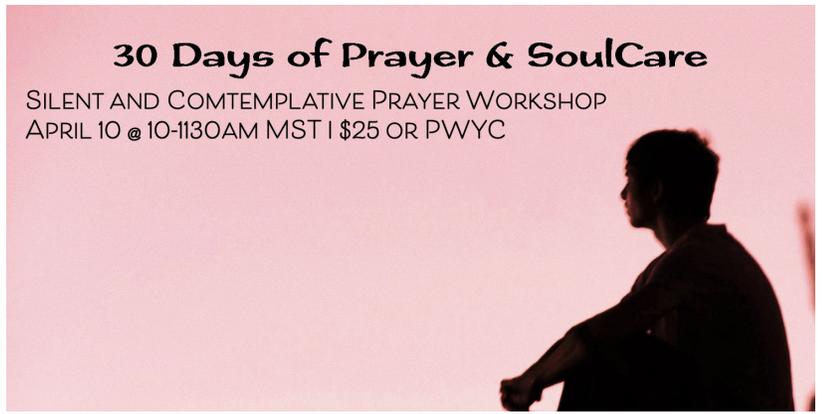
Week 2

April 4-10

by Jan Nolan, LSP

30 Days of Prayer & SoulCare

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4.6 Sitting in the Silence

Sitting in silence with your eyes closed, imagine a kaleidoscope of colors moving and evolving into different spherical shapes. Soothing, ethereal music is playing in your imagination, along with the moving colors and shapes.

Now, as you sit comfortably, relaxed, and in deep, peaceful calm, allow Spirit to be at the forefront of your consciousness.

Know that you are held in the arms of Love, of God, of Divine Light... always.

Continue sitting in this relaxed silence, and feel the ethereal music, being aware of the colors moving gently, along with your breath.

Spirit is within you, allowing you to be in this state of deep, peaceful calm.

All is good.

Week 2

April 4-10

by Jan Nolan, LSP

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4.7 Opening to the Presence

When we open to the Presence of the One Mind, the One Heart and Love, the One Divine Light of all, we are graced with a sense of peace, calm and gratitude. All is well.

So, as you open and receive, meditate on the following:

Settling into comfort in my body, letting go of everything before this moment, I tune into a deeper sense of oneness with life – with God – with Spirit.

I feel myself grounded in this moment.

I move into a sense of perfect balance.

I feel a sense of spaciousness in my life and affairs.

I am at peace... I abide in the deep grounding peace of God.

I clearly see and feel myself as an expression of love. I send love. I give love.

I am loving.

I receive love. I abide in love. I am love. Love is who I am.

I am a healing presence – no matter what is going on. I stand in faith that there is a divine intelligence at work – no matter what it looks like...

It is well with my soul.

I bask in this sense of well-being.

Science of Mind magazine, February 2021

Rev. Dr. Sharon Hudson

Week 2

April 4-10

by Jan Nolan, LSP

30 Days of Prayer & SoulCare

SILENT AND COMTEMPLATIVE PRAYER WORKSHOP
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4.8 Stillness Speaks

Nature is the ultimate healer, along with God. Whenever I'm feeling disconnected from myself, my life, the world...all I need to do is step into my yard, and marvel how the plants in my garden trust each season. I watch the birds, listening to their song. I feel the sun's warmth on my face. I take myself to the river, and feel the peace and magical healing power of the water. Nature brings us home to ourselves, and to God.

As Eckhart Tolle writes in *Stillness Speaks*

When walking or resting in nature, honor the realm by being there fully. Be still. Look. Listen. See how every animal and every plant is completely itself. Unlike humans, they have not split themselves in two. They do not live through mental images of themselves, so they do not need to be concerned with trying to protect and enhance those images. The deer is itself. The daffodil is itself.

All things in nature are not only one with themselves but also one with the totality. They haven't removed themselves from the fabric of the whole by claiming a separate existence: "me" and the rest of the universe.

The contemplation of nature can free you of that "me," the great troublemaker.

Practice

Contemplate your divine nature today in your silent practice.

Week 2

April 4-10

by Dino de Leyba, LSP



4.9 Sacred Poetry of Hafiz

Sacred Poetry of Sufi Mystic Hafiz

Contemplate these words in stillness today.

I know the voice of depression
Still calls to you.

I know those habits that can ruin your life,
Still send their invitations.

But you are with the Friend now
And look so much stronger.

You can stay that way
And even bloom!

Keep squeezing drops of the Sun
From your prayers and work and music
And from your companion's beautiful laughter.

Keep squeezing drops of the Sun
From the sacred hands and glance of your Beloved
And, my dear,
From the most insignificant movements
Of your own holy body.

Learn to recognize the counterfeit coins
That may buy you just a moment of pleasure,
But then drag you for days
Like a broken man
Behind a smelly camel.

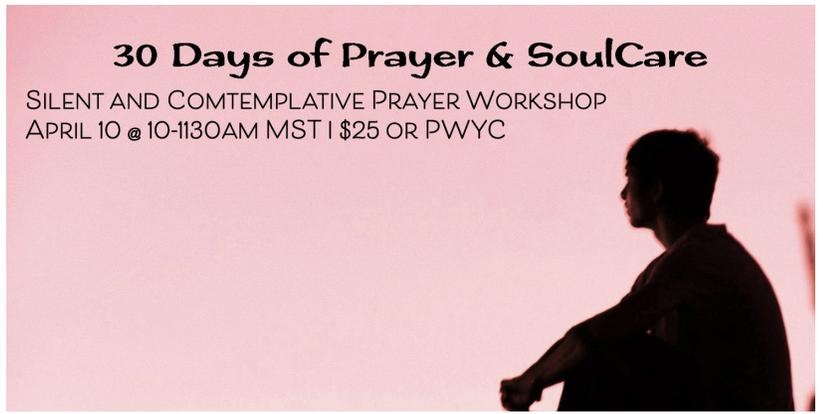
Week 2

April 4-10

by Dino de Leyba, LSP

30 Days of Prayer & SoulCare

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4.10 Sacred Poetry of Dino de Leyba

Sacred Poetry of Science of Mind Practitioner Dino de Leyba

Contemplate these words in stillness today.

Good Night

Where do you go when you
Dare to sleep

Do you follow the gods
Of your interpretation

Into your psyche
A place you created

To visit alone on your chariot
Of delight and desire

Visiting those places
The mind creates

Escaping the humdrum
Into the grandness of oneself

We trace the stars with our minds
Kiss the moon

As we travel to the sun
Unafraid of the end or the return

Week 3 April 11-17

Curated by Joanna Clark,
LSP, & Dean Hiltpold, LSP



4.11 Poetry Prayer

From Amanda Gorman's Inaugural Poem "The Hill We Climb"

Speak these words knowing there is only light.

"When day comes, we step out of the shade, aflame and unafraid

The new dawn blooms as we free it

For there is always light

If only we're brave enough to see it

If only we're brave enough to be it"

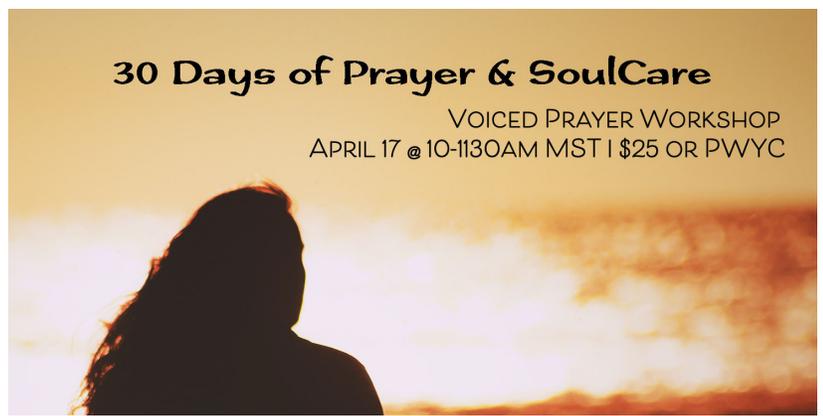
Treat yourself to watching Amanda recite this poem. Click the image below to view it on YouTube.

The direct link is <https://www.youtube.com/watch?v=Wz4YuEvJ3y4>



Week 3 April 11-17

Curated by Joanna Clark,
LSP, & Dean Hiltpold, LSP

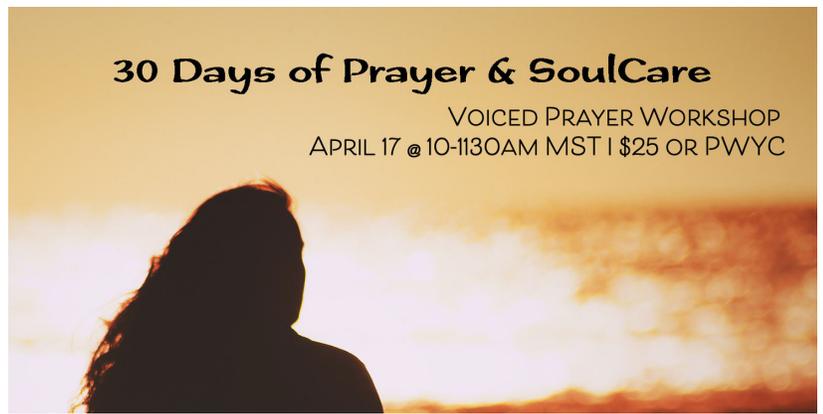


4.12 Secret Song

Sing your prayer today. Use a favorite lyric that inspires connection to your Divinity or try the suggestion below.

Use "Joy In My Heart" as a singing mantra to sing or repeat throughout your day

I've got joy, joy, joy, joy
Down in my heart (where?)
Down in my heart (where?)
Down in my heart (where?)
I've got joy, joy, joy, joy
Down in my heart (where?)
Down in my heart to stay..



4.13 Hawaiian Belief

Ho'oponopono is a Hawaiian practice of forgiveness brought to popular attention by Dr. Ihaleakala Hew Len who is said to have healed an entire ward of mentally ill and violent patients through the practice of Ho'oponopono. Len never met with the patients, he only looked over their files and cleared his own belief about their behavior.

The four-part practice is grounded in the belief that each of us is responsible for everything within our awareness. While the negative is not our fault, we are responsible for the world that is in our perception.

Practice

Use the four statements to heal a situation, issue or person that causes you some angst. Put meaning and feeling behind the statements.

Say:

I am Sorry.

Please Forgive Me.

Thank You.

I Love You.



4.14 The Healing Power of Laughter

"[Humanity] has unquestionably one really effective weapon—laughter. Power, money, persuasion, supplication, persecution—these can lift at a colossal humbug—push it a little—weaken it a little, century by century, but only laughter can blow it to rags and atoms at a blast. Against the assault of laughter nothing can stand."

Mark Twain

Norman Cousins's book, *Anatomy of an Illness*, documents his journey of healing from bone cancer through the power of laughter. We do not need to be ill to enjoy the spiritual power of laughter.

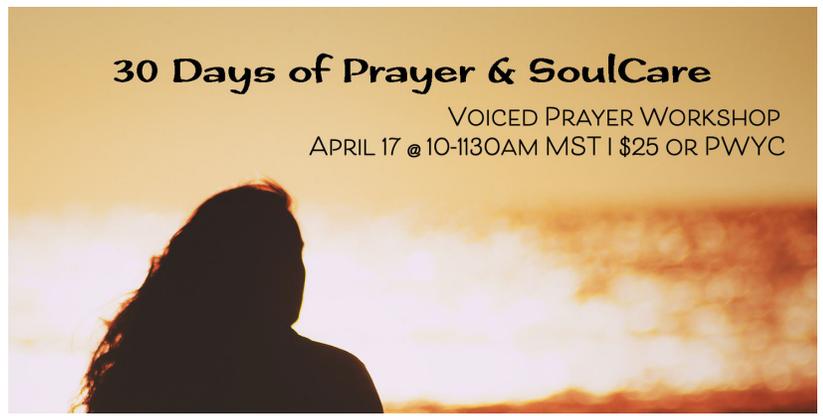
Laughter has been proven to offer great health benefits. It lowers blood pressure, reduces stress hormones, increases immunity, reduces pain, and massages internal organs. Plus, unlike costly medicine, laughter is free.

Practice

Make it a point to have three deep belly laughs today--- Repeat daily.

Week 3 April 11-17

Curated by Joanna Clark,
LSP, & Dean Hiltbold, LSP



4.15 Prayer of Repetition

Instruction

Repeat the following prayer out loud, allowing it to build upon itself and deepen in your experience.

As God is, so I am

As I am, so it is

As it is, I am blessed

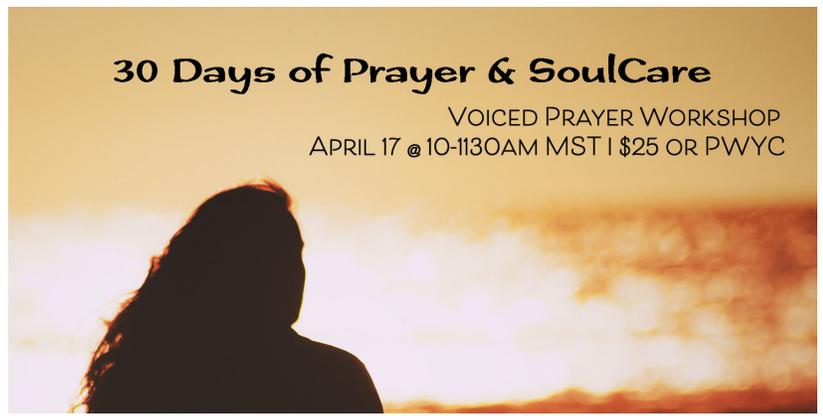
As I am blessed, it is done

As it is done, so God is

-ABQ CSL congregant, Kevin Murtagh

Week 3 April 11-17

Curated by Joanna Clark,
LSP, & Dean Hiltbold, LSP



4.16 Affirmative Prayer "There Is One Life"

Instruction

Speak the following prayer from Ernest Holmes, the founder of Science of Mind. Repeat until it is deepened in your experience.

There is one life

That life is God's life

That life is perfect

That life is my life now

Week 3 April 11-17

Curated by Joanna Clark,
LSP, & Dean Hiltbold, LSP



4.17 Hindu Mantra Chant

Say or sing this Hindu Mantra chant:

Om Namah Shivaya

Translation: I bow to that Supreme Consciousness (Siva) As the Universal Divine resonance (OM) That vibrates within my heart -To that (Consciousness), Who is my beloved teacher, I bow.

It is a Hindu prayer to know and understand your own self, to dedicate some time to your inner self. The sound vibration of the mantra is said to be an exceptionally purified articulation of our deepest nature.

Say or sing/say this mantra. Repeat as many times as you are called to do so. ([Youtube](#) has several videos of this)

Week 4 April 18-24

by Chaplain Lesha Kitts



4.18 Tree of Life

I discovered this tree in our community last fall as I drove around, just to get out of the house during the pandemic. It is a true treasure to see all the colored stones with words of Hope, Blessings, Prayers and a Memorial to those who have passed. It stands for all the grief, loss, pain and anxiety we have been through, but remains a symbol in the Celebration of Life, Connection, Hopes and the gentle knowing that All is Well.



Instructions: Take a drive to sit with this Magnificent Tree if you live in the Albuquerque area or begin one in your city! Take something to leave on her strong branches. Be still and continue your journey with the peace this tree offers.

The tree pictured is located in Corrales, NM on El Camino de Campo Road. The tree stands on the east side of the road about a half mile north of Cabazon Drive. Enjoy!

Week 4 April 18-24

by Chaplain Lesha Kitts



4.19 Solstice Mandala

Each Winter Solstice my girlfriend and I take part in a Pagan celebration ritual of creating a Mandala made from birdseed of different colors. It is to honor and focus awareness of our connection to all that is. It gives food in a season of need, to the animals that we share life with on this Earth. The seeds that remain give purpose to the soil; to nurture them in growth and give again in the Spring. Prayers are offered and guidance is given in the creation of the Mandala from the Spirit within. The Blessing is in taking the time to see and experience this Circle of Life.



Instruction: Take some time to create a Mandala that represents your individual connection to all that is. Sitting in this Place of Creative Mind is Prayer in Action.

Week 4 April 18-24

by Christa Keller, LSP



4.20 Imagine the Power of Your Inner Landscape

This is an invitation to explore your inner landscape. Find yourself walking along your inner landscape. What does it look like? How do you see yourself? What appears in your inner landscape? What color is it? Does it have a shape? It could be solid; it could be fluid. Allow it to be revealed to you.

In this landscape imagine yourself as Peace. What color is it? What form is it? What does Peace look like to you? Now imagine yourself as Free. What does Freedom look like? Does it move? Does it fly? How do you see yourself as free? What is Freedom to you? As you see your Peace and Freedom find your Happiness. What does Happy look like? What is your Happiness? As you meander through your inner landscape what does experiencing Peace, Freedom and Happiness feel like? Does it expand? How far does it expand? Does it go beyond your inner landscape?

As your sense of pure Joy is infused with your Spirit, how do you feel yourself express in the outer landscape? How will you envision your way of mirroring what is possible for all those you come in contact with? How do you see yourself flowing with joy spilling over onto the outer landscape?

What does the outer landscape feel like now that your inner landscape is infused with Peace, Freedom and Happiness? How do you see Peace for others? How do you envision Freedom for others? How do you know others are happy?

Imagine a Joyful landscape for humanity knowing that Love is the essence of all Beings as you know this for yourself. As this realization is imagined in your inner landscape it is becoming manifest in the outer landscape, the world.

April 20, continued on next page

Week 4 April 18-24

by Christa Keller, LSP

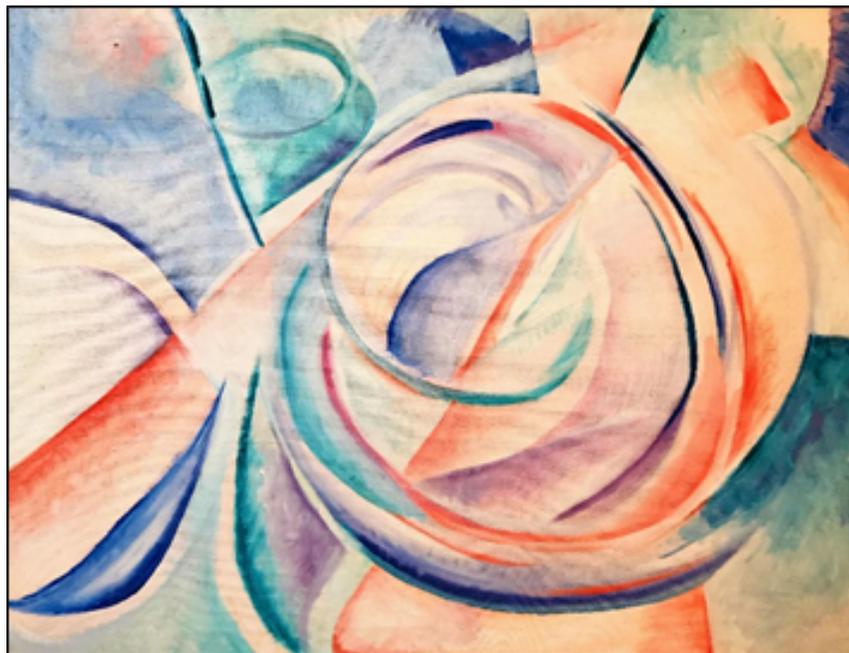


4.20 Imagine the Power of Your Inner Landscape

April 20, continued from previous page

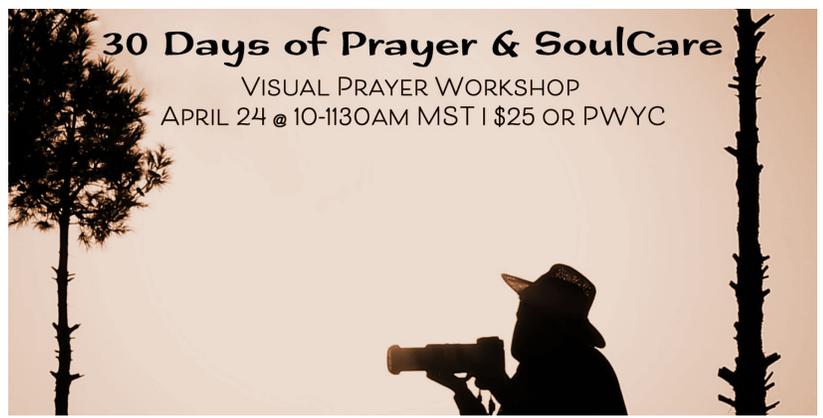
Imagine a world that works for everyone because you have imagined an inner world that works for you.

Instruction: Create a sacred space for yourself by sitting quietly with your eyes closed. Notice the outer sounds. Notice the thoughts in your mind without any judgement. Allow the sounds and the thoughts to pass by freely and eventually they will melt away. Create an intention of using your imagination to invite your sacred inner landscape to be revealed to you. Have a journal/paper and pens, markers or crayons to write or draw with nearby as you flow through this process. Repeat as needed.



Christa Keller, 1986

Week 4 April 18-24



4.21 Ubuntu

Ubuntu is an African philosophy of being. It's meaning is "I am because you are, you are because I am". While it is a simple concept it is vastly deep when we give awareness to what it means to the power of how each of us touches the world and how the world touches us. Author Mark Nepo says, "you can find this way of being in every path, in every way... In the gift of Jesus, where two or more of you come together, there I am... in the one compassion of Buddha... in the numinous love that ancient stones emanate, if we are still enough to bow to them. Ubuntu... I am because you are, even in how we live off the breath of plants; you are because I am, even in how plants live off our exhalations."

Instruction: Pick a hand to represent you. Use this visual symbol to see how you are connected to all that is. Whatever you are in direct contact with, how tightly or gently are you grasping it? Is it supportive to the receiver and given with love? Or is it controlling and coming from a place of fear? Is it healthy for you and the being whose hand you hold? On the receiving side, do you allow support to flow to you or do you feel disconnection?



There is no right or wrong answer here. The visual is just to bring you to place of thought in how you show up in the world, or not. A new place to begin again, consider that you may want to show up differently, now that you have more knowledge. You will always touch others and you will always be touched. But your experience of it is for you to foster and manifest to your liking.

Week 4 April 18-24

by Christa Keller, LSP



4.22 Creative Expression Through Art — Art is a prayer

For you are the vehicle in which the creative forces may be expressed through. And you are the expression that moves through the vehicle. You are both in one.

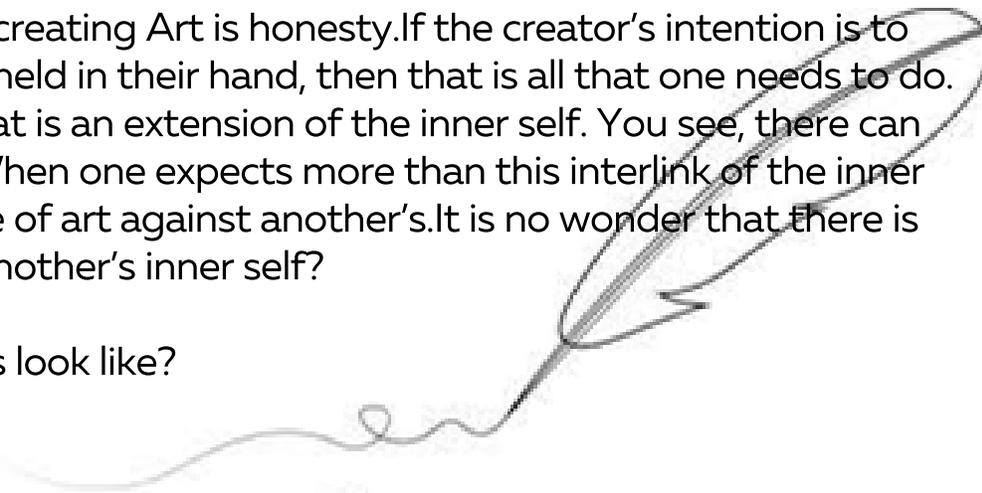
To make marks upon a two-dimensional surface is a technique that demonstrates Spirit in action. You may give yourself permission to pick up a tool and watch it flow across the page. You need not be in control of the tool. But rather watch and see where it leads you. You discover another dimension of reality un-revealed to you before this moment of release. There is no need to be careful. You can always start another drawing. You will recognize the process as being more valuable than the final result.

When you find yourself lost in the flow of the movement across the page you will soon discover the freedom that truly exists. No person is capable of creating the same forms as you do. Therefore, there cannot be a mistake.

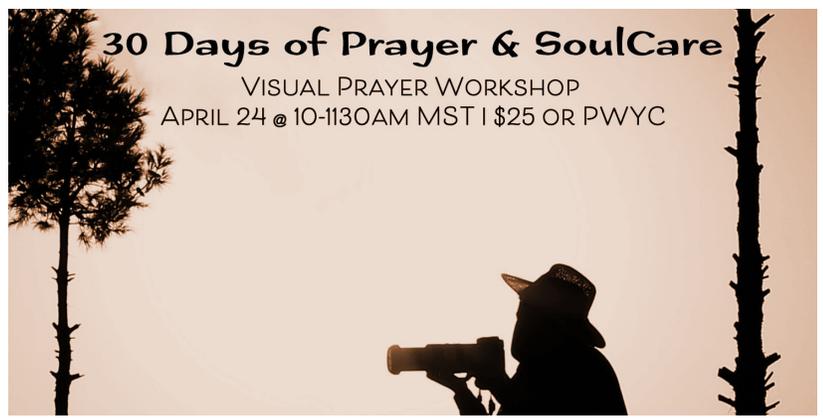
The word Art is used to describe the visual manifestation that flows through the creator organically as the expression of the inner self. The rules and boundaries that appear are but an illusion of limitations that are created within the mind. We can study structure and ideas on how to create Art. We can experiment with these ideas. When we incorporate the feeling with the structure, we then become true expressionists.

The most important essence in creating Art is honesty. If the creator's intention is to experiment with the tool being held in their hand, then that is all that one needs to do. Make friends with the pencil, that is an extension of the inner self. You see, there can be no more than this concept. When one expects more than this interlink of the inner self, one will judge created piece of art against another's. It is no wonder that there is anxiety. How can one attempt another's inner self?

Instruction: What do your Marks look like?



Week 4 April 18-24



4.23 Tibetan Prayer Flags

The bright colorful Tibetan Prayer flags are intended to promote peace, compassion, strength, and wisdom for humanity. The wind blows infinite peace, compassion with strength into the air for all the people to benefit. The stronger the wind the farther the prayer moves. The sensitive lightweight fabric is easily blown allowing the prayer to be released constantly. The prayer is persuasive. The fading and disintegrating fabric acknowledge that all Beings are part of the cycle of life. Just like the seasons, newer prayer flags are placed next to the spent flags keeping the prayers moving. New life is replaced by old life.

Blue symbolizes the sky and space, white symbolizes the air and wind, red symbolizes fire, green symbolizes water, and yellow symbolizes earth. According to traditional Tibetan medicine, health and harmony are produced through the balance of the five elements.

It is believed as the prayer is blown out into the air it continues on perpetually serving humanity.



Instruction: Feel the prayers reaching you from around the world today. Make your own prayer flags and hang them. Notice the prayer flags around your city or area.

Week 4 April 18-24

by Chaplain Lesha Kitts



4.24 Mirroring the I AM

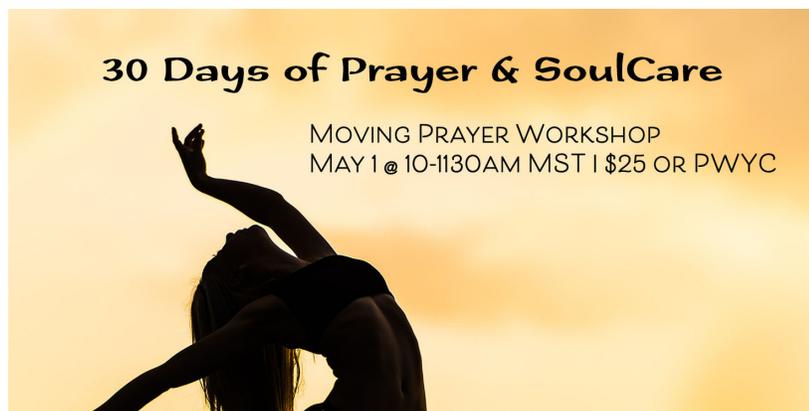
This framed poem has hung in my Father's office for as long as I can remember, a gift from my Mother to him. The Author is unknown.

The One In The Glass

When you get what you want in your struggle for self,
And the world makes you royalty for a day;
Then go to the mirror and look at yourself,
And see what that one has to say.
For it isn't your father, mother, husband or wife,
Whose judgement upon you must pass;
The one whose verdict counts most in your life –
Are those eyes staring back from the glass.
That's the one you must please, never mind all the rest,
With you clear up to the end,
And you've passed your most difficult dangerous test,
If the one in the glass is your friend.
You can fool the whole world down the pathway of years,
And get pats on the back as you pass;
But your final reward will be heartaches and tears,
If you've cheated the one in the glass.



Instruction: Spend some time looking in the mirror. What do you want to say to the one you see? What do you admire about the one looking back into your eyes? What exciting challenge are you ready to venture into together? You are the Divine Reflection of the I AM. You are the Prayer of the I AM. Mirror it out in the World.



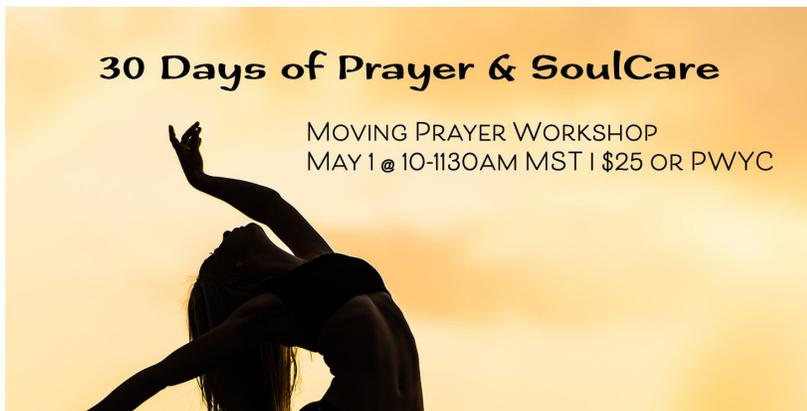
"The Indian sage Patanjali is believed to have collated the practice of yoga into the *Yoga Sutra* an estimated 2,000 years ago. The Sutra is a collection of 195 statements that serves as a philosophical guidebook for most of the yoga that is practiced today. It also outlines eight limbs of yoga: the *yamas* (restraints), *niyamas* (observances), *asana* (postures), *pranayama* (breathing), *pratyahara* (withdrawal of senses), *dharana* (concentration), *dhyani* (meditation), and *samadhi* (absorption).

Today most people practicing yoga are engaged in the third limb, *asana* (also known as Hatha Yoga), which is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation. Yoga is unique because we connect the movement of the body and the fluctuations of the mind to the rhythm of our breath. Connecting the mind, body, and breath helps us to direct our attention inward."

Yoga Journal, Cyndi Lee

Instruction

Today, practice some of your favorite yoga postures or just simply stretch your body, focusing your attention on your breath and your body's experience, allowing your divine nature to come into your awareness more fully.



4.26 The Labyrinth

"The labyrinth literally reintroduces the experience of walking a clearly defined path. This reminds us that there is a path, a process that brings us to unity, to the center of our beings. In the simple act of walking, the soul finds solace and peace."

Lauren Artress

The Labyrinth is a global ancient spiritual practice that may date back to before recorded history. No doubt, the most famous one is in the Chartres Cathedral in France and dates back to 1214. One enters the Labyrinth and follows the path to the center. As a symbol for life's journey, we learn that if we follow the path, we cannot get lost. There is no right or wrong way to make the journey. The Labyrinth is a tool for finding clarity, peace and wisdom.

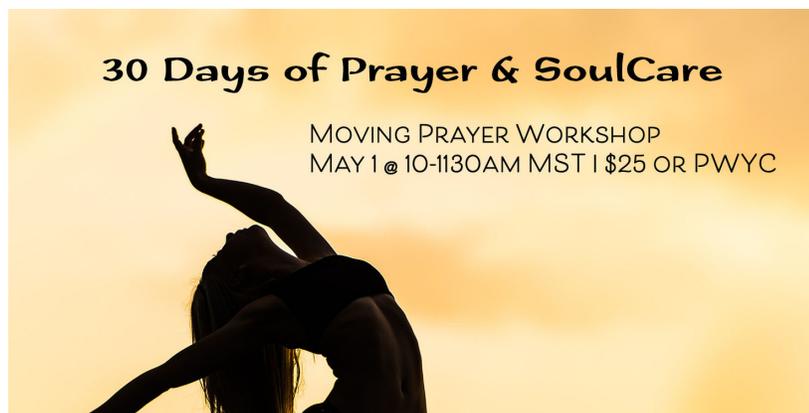
Practice

Begin by stating an intention for using the Labyrinth. Take a pen or pencil, or use your finger and trace your way into the center of the graphic above and then, when you are ready, trace your way out



Week 5 April 25-May 1

by Rev. Amani Malaika &
Rev. Rebecca Allen



4.27 Walk with Nature

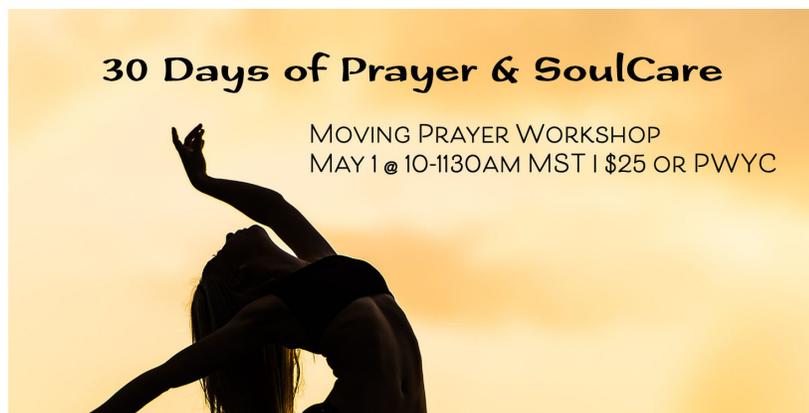
John Muir wrote: "Keep close to Nature's heart...break clear away once in a while and climb a mountain or spend a week in the woods. Wash your spirit clean. Every body needs beauty as well as bread, places to play and pray in, where Nature may heal and cheer and give strength."

Practice

Take a walk outdoors and allow yourself to be healed and cheered and strengthened.

From Thich Nhat Hanh, a poem to read before you begin your walking meditation:

I take refuge in Mother Earth.
Every breath, every step
manifests our love.
Every breath brings happiness.
Every step brings happiness.
I see the whole cosmos in the earth.



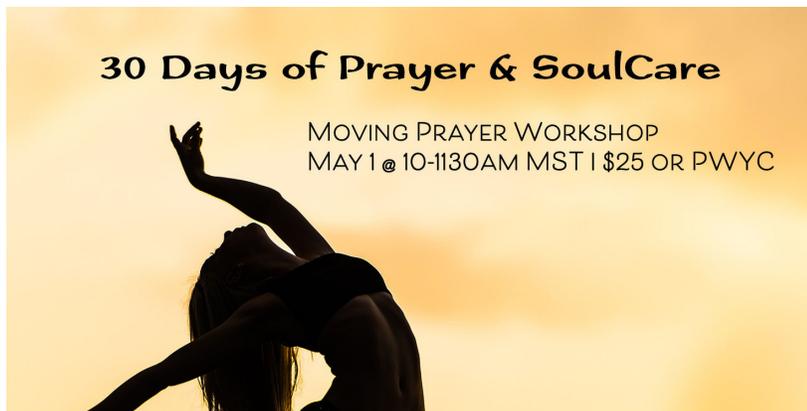
4.28 Fasting

Fasting is a prayer practice from many of the world's faith traditions. Today you will choose something to fast from as a practice to bend your heart toward a greater enjoyment of your Divine nature.

If the better part of wisdom for you is, in your health condition, to not go without food, consider fasting from television, computer, social media, negative self-talk, or some other regular enjoyment/habit.

For our purposes, this is a one day fast that can be longer if you choose.

Before you begin your fast today set an intention. It may be something like, "Today I choose to put my attention on the truth that God is right where I am." When you have moments of challenge during your fast remind yourself of your intention.



4.29 Formal Islamic Prayer

Today you will have the opportunity to practice Islamic prayer. The translation of God into Arabic is "Allah". You may choose to use "God" or "Allah" in your practice today.

"The form of prayer we use today is virtually identical with the way the Prophet himself prayed. I have slightly simplified this complex practice but I have attempted to preserve its essential beauty and power. Prayer has been called the miraj of the believer. The term miraj refers to the Prophet's most profound mystical experience, in which he traveled through the seven heavens and spoke directly to God. For us, formal prayer provides an opportunity to come into God's presence." -Sheik Frager

Intention. Making intention is one of the basic requirements of prayer. Before beginning prayer, say silently, "I intend to perform two rakats (sets) of morning (or evening) prayer, for the pleasure of Allah."

Standing. Begin by standing, prayer carpet in front of you, facing northeast. Raise your hands up to your ears, palms forward. Say, "Allahu ekbar" ("God is Great"). Next, place your hands, right over left, holding the left wrist just below your navel (for men), or chest height (for women). Repeat three times, "Allah, Allah, Allah," or if you prefer, "God, God, God."

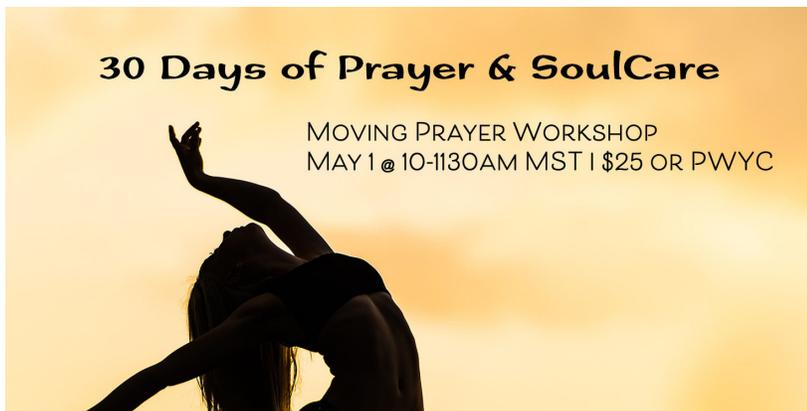
Standing Bow. Bend at the waist and place your palms on your knees, fingers spread. Try and keep your back parallel to the ground. Look down and slightly ahead. Again recite three times, "Allah, Allah, Allah."

Week 5 April 25-May 1

by Sheik Robert Frager

30 Days of Prayer & SoulCare

MOVING PRAYER WORKSHOP
MAY 1 @ 10-1130AM MST | \$25 OR PWYC



4.29 Formal Islamic Prayer

April 29, continued from previous page

Stand Up. Place your arms at your sides.

Kneeling Bow. Place your arms on your knees and slowly and easily lower yourself to a kneeling position, then bow, touching your forehead to the ground, hands on the ground on each side of your head. Recite three times, "Allah, Allah, Allah."

Kneeling. Sit up, resting on your knees.

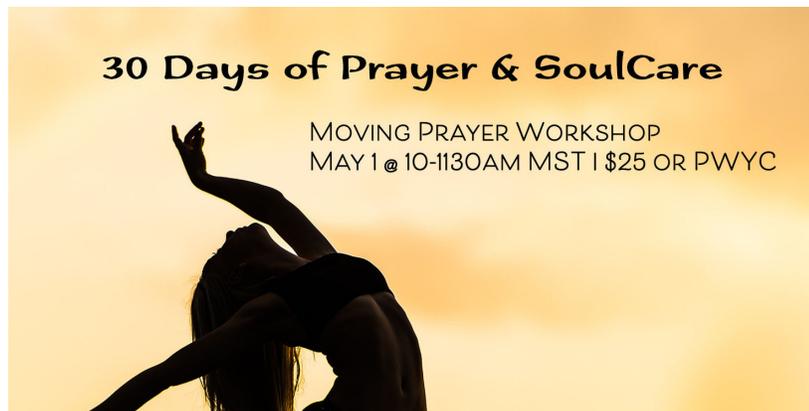
Second kneeling bow.

Third kneeling bow.

Repeat from beginning.

Final kneeling. At the end of the last set (two sets for morning, three sets for evening), remain kneeling and recite a final time, "Allah, Allah, Allah."

-Heart, Self, and Soul, Sheik Robert Frager



Zoroastrianism is an ancient pre-Islamic and pre-Christian religion of Iran that survives there in isolated areas and, more prosperously, in India.

A Zoroastrian Prayer

With bended knees, with hands outstretched, do I yearn for the effective expression of the holy spirit working within me:

For this love and understanding, truth and justice; for wisdom to know the apparent from the real that I might alleviate the sufferings of all on earth...

God is love, understanding, wisdom, and virtue. Let us love one another, let us practice mercy and forgiveness, let us have peace, born of fellow-feeling...

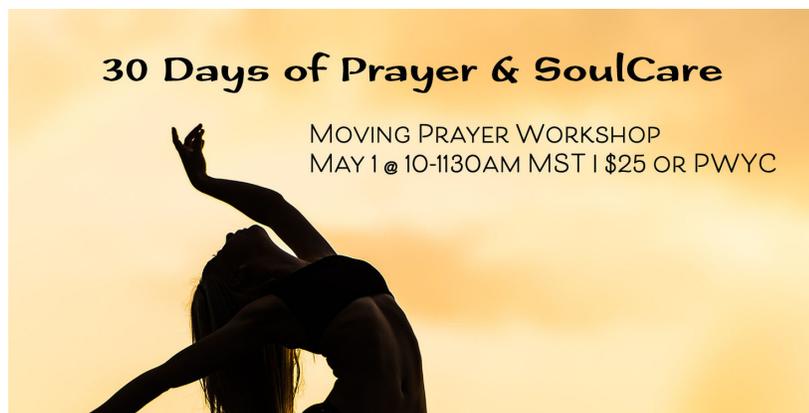
Let my joy be of altruistic living, of doing good to others. Happiness is unto one from who happiness proceeds to any other human being.

Instruction

Knowing that we are all part of the one life, let us take this prayer out into the world today by offering kindness, understanding, and forgiveness in all of our interactions.

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by Rev. Amani Malaika



5.1 Dance It Out

"You're not dancing." .. "I'm too tense to dance!" .. "That's why we're dancing!"
-Grey's Anatomy

A poem from Sufi mystic and poet Hafiz:

I am happy even before I have a reason.
I am full of Light even before the sky
Can greet the sun or the moon.
Dear companions,

We have been in love with God
For so very, very long.
What can Hafiz now do but Forever Dance?

Instruction

Put on your favorite tunes to shake it out and dance your prayers today.
Dance like nobody is watching and give yourself over to the Divine moving in you!