

to be consoled as to console;
to be understood as to understand;
to be loved as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

8. From Eusebius

May I be no ones enemy and may I be the friend of that which is eternal and abides.
May I wish for every person's happiness and envy none.
May I never rejoice in the ill fortune of one who has wronged me.
May I, to the extent of my power, give needful help to all who are in want.
May I never fail a friend.
May I respect myself.
May I always keep tame that which rages within me.
May I accustom myself to be gentle and never be angry with others because of circumstances.
May I know good people and follow in their footsteps.

9. A Loving-kindness Meditation

May I be free from fear, may I be safe
May I be happy,
May I be healthy
May I know ease, and be at peace.

May you be free from fear, may you be safe
May you be happy,
May you be healthy
May you know ease, and be at peace.

May all beings be free from fear, may all be safe
May all beings be happy,
May all be healthy
May all beings know ease, and be at peace.

Meditations and Prayers

For Daily Practice

Unitarian Universalist Fellowship of Corvallis, March 2015

How do we face the challenges of daily living? How do we maintain our commitments to right relations, to ethical living, to the search for wisdom and truth? At the very least, some form of centering practice is helpful, especially as described below:

“We are transformed, not by adopting attitudes toward ourselves, but by bringing into center all the elements of our sensations and our thinking and our emotions and our will: all the realities of our bodies and our souls. All the dark void in us of our undiscovered selves, all the small light of our discovered being. All the drive of our hungers, and our fairest and blackest dreams. All, all the elements come into center, into union with all other elements. And in such a state they become quite different in function than when they are separated and segregated and discriminated between or against. When we act out of an inner unity, when all of our selves is present in what we do, then we can be said to be “on center.”Our wholeness as persons is expressed in using all of our selves in any given act. In this way the self integrates its capacities into a personal potency, as a being who serves life from his center at every instant. In this way knowledge can become a quality of consciousness and illumine our behavior spontaneously and truthfully. (This is) personal transformation, or the art of becoming a human being.”

*Mary Caroline Richards, in
Centering in Poetry, Pottery, and the Person,
1964*

CENTERING PRAYERS AND MEDITATIONS

10: The Serenity Prayer

Grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

11. Eleanor Roosevelt's nightly prayer:

Spirit of life, who has set a restlessness in our hearts
and made us all seekers after that which we can never fully find;
Forbid us to be satisfied with what we make of life.
Draw us from base content and set our eyes on far-off goals.
Keep us at tasks too hard for us
that we may be driven to thee for strength.
Deliver us from fretfulness and self-pitying;
make us sure of the good we cannot see
and of the hidden good in the world.
Open our eyes to the simple beauty around us
and our hearts to the loveliness others hide from us
because we do not try to understand them.
Save us from ourselves and show us a vision of a world made
new.

12. A Daily Meditation

Spirit of Life, Source of Wisdom: Remind us each day that, of all
the gifts we have been given, the greatest gift is love. It is not
enough to share that love with those we hold dear.

Open our hearts not to just those who are close to us, but to all
humanity. Let us be slow to judge and quick to forgive, show
patience, empathy and love.

1. From Rabindranath Tagore

Let me not ask to be sheltered from dangers,
but to be fearless in facing them.
Let me not beg for the stilling of my pain,
but for the heart to live with it.
Let me not crave in anxious fear to be saved,
but hope for the patience to realize my freedom.
May I be strong enough to remember that I am accepted as I am,
in success and in failure, in sorrow and in joy.

2. From Thich Naht Hanh

Let us be at peace with our bodies and our minds.
Let us return wholly to ourselves and become ourselves.
Let us be aware of the source of being, common to us
and to all living things.
Let us fill our hearts with compassion, for ourselves
and for all living things.
Let us pray that we ourselves cease to be the cause of suffering
to each other.
With humility, with awareness, let us practice the establishment
of peace in our hearts and on earth.

3. Prayer attributed to St. Francis of Assisi

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
O, Divine Master, grant that I may not so much seek