

Morning Meditation

Let us breathe deeply, becoming centered and grounded in the here and now, in the present moment - aware of the earth our home, aware of the life-sustaining air which we enjoy, along with all of Earth's other creatures, and continually exchanging with all that is green and growing.

May we open our hearts and minds to the wonder and mystery that is Life.

With gratefulness, may we commend ourselves and our service to our source of inspiration and reverence - our higher power, or our inner sacred wisdom.

While being grounded on that which is Sacred, may we awaken to compassion, to courage, and hope, and inner peace.

Today may we find moments filled with significance, meaning and purpose, especially as we prepare to take into our hands those we care for, looking forward to harvests of health and wholeness.

Blessed be. May it be so.

