

Summer Morning Centering Meditation

Once again, as it has done for endless ages,
the Earth is slowly turning toward the sun.
Dawn comes with the freshness of that first day of creation.
May our awareness at the beginning of this day
be united with all of creation.
For the wonder of this day, we express our gratitude for the
rich gift of life itself.

May our rising in the quiet of this early summer morning be
a rehearsal of our journey from darkness to light
especially as we absorb the light of this new day.

As cosmic pilgrims traveling with the Earth and her sister
planets outward into space,
may our work today and in the summer month of July
be in solidarity with those who need care and
compassion.

May we, as residents of our tiny planet, divided in a
multitude of nations, races, and religions, be grounded
and centered on the work of love, healing,
reconciliation, and justice.

Here at Kaseman, while we embody the sacred work of
love and healing in diverse forms of action through
each of our unique gifts, we pray that our deeds of
compassion be blended as one.

May we become instruments of peace to all that we meet in
every situation.

Inspire us to embrace with joy our work at Kaseman.

O Giver of Life in whom we breathe and live, boldly trace
your sacred sign upon each one of us in love as we
begin this day.

Show us in countless ways your divine grace.

Grant us the wonder and joy wherever and whenever we
catch a glimpse of you. Amen.

*(Adapted from Edward Hays' book: "Prayers for a Planetary Pilgrim")