

Sacred Waiting

Waiting is part of what you do. Life requires moments of waiting, those unexpected and often unwanted pauses that may seem to stop the journey. You spend precious time waiting on and with others. You are present in the waiting. You wait with them and comfort them as they wade through moments of uncertainty, exhaustion, grief, and the unknown. In this waiting, you accompany others during life transitions: these are sacred turning points and thresholds...sometimes uncomfortably slow and drawn out, and sometimes painfully sudden.

As you provide care, support and companionship for others in the holy time of waiting, know that in the time of waiting, you are on Sacred Ground. May your sacred waiting be grounded in and nourished by love, by peace, and hope.

In your sacred waiting, may you find moments to lay your heavy burdens down, enabling you to have more ease:

- the ease of your the eyes to see more grace & beauty
- the ease of your ears to embrace silence, hear depth and seek understanding
- the ease of your heart to be patient and rooted in courage
- the ease of your mind to be renewed by inspiration, meaning and purpose
- the ease of your breath to be more attuned to presence.

May It Be So.