

Our Lenten Retreat - Week 6

A Week of Respite

Archetypal Energy for the week:

This week, enter into the archetypal energy of the Hermit. Embrace that energy. The Hermit is about illumination from within. This is Divine inspiration, sage wisdom, a break from the crowdedness of life, and a deep contemplation. The Hermit takes time to rest into the moment as it is, allowing all else to fall away. In this energy, we can truly forgive.

Words to help us on our way:

Forgiveness heals everything it touches. However these practices have brought up our old “stuff,” we now have the opportunity to touch it with forgiveness.

If we want to be able to recognize and heed our call in the world, if we want to be able to use our memory selectively to be happy in this moment, to use our eyes to see the light of the divine shining through all of life, if we want to be joyful, it is forgiveness that will open the door. Once the door is open, all of these practices - these ways of being - will be easier for us to experience.

From Rev Louise, “Choosing peace and forgiveness are really the same thing; they both heal. Peace is the result of choosing to let go of the pain of negative emotions. The decision to let go is forgiveness.”

Our practice this week:

I can choose peace instead of _____.

I can choose peace instead of _____.

I can choose peace instead of _____.

Our prayer for the week:

Beloved creator by every name you've ever been called, I rest into your loving embrace, in this very moment. Held in safety, I finally know that it is safe to let go of old guilt. I know that shame does not serve me, and I release it. I know that fear prevents me from fully experiencing love, and I let that fall away as well. At rest, I am able to experience your love, always available, moving to and through me into the world. I am so grateful. And so it is, amen.