



## *A Home for All*

### **Meditation:**

I invite you to close your eyes....become aware of the breath of the universe being breathed in you and through you...As you breathe deeply and slowly....imagine all tension is draining from our body and mind....feel yourself relax more and more deeply....as your breath takes you to a still deep place within, fill your heart with light and grace recognising the goodness and beauty of who you truly are. From this place, set your intention for the healing of all that has been displaced within yourself and within the wider world, in whatever way feels right for you. (Pause for 1 minute).

I invite you to bring your awareness to your throat (you may wish to place your hands there). Imagine you can breathe in and out of your throat as you ask yourself 'What am I giving voice to with my breath? What am I putting out into the airwaves? If there is anything you have given voice to that is toxic and causing further displacement within yourself or others, imagine it being healed with each breath? (pause for 1 minute)

I invite you to bring your awareness to your ears. Imagine you can breathe in and out of your ears as you ask yourself? What am I choosing to listen to on the airwaves? Where am I absorbing misinformation? Where am I absorbing fear? Where am I closing my ears to the cry of those displaced? Imagine you can cleanse the toxins with each breath? (pause for 1 minute)

I invite you to place both hands on your heart, one on top of the other. Indigenous wisdom suggests our hearts should be full, strong, open and clear. As you hold your heart ask yourself? As we humans face this collective crisis, where is my inner house contaminated by being half hearted, weak hearted? Where is my inner house closed to others, especially those who are displaced, and where am I letting confusion lead to fear? Feel yourself breathe love into your heart so you come fully home to who you truly are, knowing that the treasure is within and you are coming home to it. Let compassion flow through your own heart, healing any places where you feel displacement or disconnection...any place that is sore, tight or tense. Feel it flow to where you are holding the pain of the world and grief for all that is being lost.

And as your own being softens with compassion move your hands out in front of your heart and imagine you are holding the earth in whatever way feels right for you. Imagine you are like a gold sun, radiating the loving energy of compassion to the earth, with its billions of beings, humans, insects and reptiles. (pause for 1 minute)

Imagine you are radiating compassion to all beings that are suffering because of displacement, those who are in crowded refugee camps who are most vulnerable to COVID-19 because of lack of water for washing and with no chance of social distancing because of crowding. See yourself radiating compassion to all those in nursing homes and residential homes where COVID-19 has hit the hardest. See yourself radiating compassion to all those who are stranded in other countries and longing to be home. Allow your compassionate energy to flow... (pause for 1 minute)

Now imagine that other hands are joining yours in holding the earth in loving compassionate awareness. Feel the power of being connected to compassionate hearts all around the world who are also radiating loving energy to the earth and all beings with the collective intention of healing. Feel the power of all that compassionate flowing from so many hearts though many hands to the earth, flowing to all who need healing. (pause..)

Gently in your own time bring your awareness back to this room, know that the earth and all of life is better for your meditation and so are you.

**Final blessing:**

Divine Spirit, Nameless mystery, Mother, Father God may we have the courage to come home to who we truly are.

May we have the courage to let go of old patterns of behaviour that no longer serve all of life.

From this place of sheltering at home, may we dream new ways of being that work for all of life.

*Carmel Bracken rsm  
Northern Province*