The Avowal | Weekly Readings

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John Main OSB, "Fullness of Being," The Hunger for Depth and Meaning (Singapore: Medio Media, 207), pp. 26, 28.

Each of us is summoned to an unlimited, infinite development as we leave the narrowness of our own ego behind and enter into the mystery of God. [. . . .] The spirit that we are invited to discover in our hearts is the power source that enriches every part of our life. The spirit is the Spirit of Love and the Spirit of love. The call . . . is not to be half-alive, which means being half-dead, but to be fully alive, alive, . . . if only we will undertake the discipline to make our way to it, day by day. [. . . .] We need have no fear as we set out, as we leave self behind and set out to meet the other. We need have no fear. The spirit in our heart, the spirit that we open to in meditation, is the Spirit of compassion, of gentleness, of forgiveness, of total acceptance, the Spirit of love

After Meditation: Diane Ackerman, "School Prayer" in I PRAISE MY DESTROYER (New York: Vintage, 2000, Kindle edition), p.3.

In the name of the daybreak and the eyelids of morning and the wayfaring moon and the night when it departs,

I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of peace.

In the name of the sun and its mirrors and the day that embraces it and the cloud veils drawn over it and the uttermost night and the male and the female and the plants bursting with seed and the crowning seasons of the firefly and the apple,

I will honor all life
—wherever and in whatever form
it may dwell—on Earth my home,

and in the mansions of the stars.