

First Week of the Lenten Season, 2010

This Lenten season is a time of spiritual preparation for the transformative experience of crucifixion, [surrender of the ego], and resurrection [giving concrete expression of the Christ in our lives.] Our objective this Lenten season is to do the things that Jesus did, to follow in his footsteps in very concrete ways. As he used the spiritual practices of fasting, prayer and contemplative meditation, so will we. We here are offering ourselves as living laboratories for the creation of the expanded consciousness of the Christ in a human being. Scientists prove theories by creating experiments that physically demonstrate the use of the theory. This week we will experiment with fasting, prayer and contemplative meditation.

Fast, metaphysically speaking, from all negative, judgmental and destructive thinking. In outer ways, fast as you are guided.

Pray affirmatively—silently and aloud often during the day:

*“O Christ, thou Self of God,
My own eternal self;
Live thou thy life in me,
Do thou thy will in me,
Be thou made flesh in me,
I will have no will but thine,
I will have no self but thee.”*

~ The Gaelic Prayer

Contemplate during daily meditation:

“O fill me with your Spirit, Lord Christ, in that I may walk and live in the consciousness of your holy presence.

Let me be so filled with that awareness that I behold your presence in everyone I meet and in all the aspects of the world around me.

Let me so uplift the daily task that I too, am uplifted, and that others, beholding, respond unawares.

Truly, if you be lifted up in me, all will be drawn to you, seeing not personal me, but you, O Christ, in me.

(The Week That Changed The World, Ernest Wilson, adapted)