

One World Spiritual Center  
Community Circles  
April 1, 2020  
***Keeping Your Peace***  
with Rev. Melanie Eyre



---

*Look well to this day!  
For it is life,  
the very best of life.  
In its brief course lie all the varieties and truths of existence;  
the joy of growth,  
the glory of action,  
the splendor of beauty,  
for yesterday is but a memory,  
and tomorrow is only a vision;  
but today well-lived  
makes every yesterday a memory of happiness,  
and every tomorrow a vision of hope.  
Look well therefore to this day!*

*~ from the ancient Sanskrit*

---

March has been our month to focus on mindfulness, and what a great training ground we have had! We have been called upon to radically change the way we relate to each other and the way we live. Many of us have had more time on our hands than usual, a wonderful opportunity to practice the mindfulness tools we've explored. In addition, we are called on to be more mindful than usual regarding our physical circumstances – how close am I standing? How often do I touch my face (and how do I stop)? What surfaces am I touching? Am I continuing to wash my hands, disinfect and clean? Life looks very different than it did a month ago, and we don't know when these circumstances will change.

We also have had the chance to be more mindful of our emotions in this challenging and perhaps scary time. Can we sit with feelings of anxiety and even fear until they dissipate? Can we breathe through those moments when we simply feel out of balance, and locate the peaceful center within?.

***What are your methods? How have your efforts to be more mindful this month changed your experience the past weeks, if they have? What has your experience been?***

We have explored different methods to promote awareness of the present moment and to diminish our tendency to focus on the past or worry about the unknown future. These tools have been:

- Paying attention in the present moment without judgment;
- Voluntary simplicity (no multitasking!)
- Mindfulness practices – eating mindfully; listening to music or looking at a beautiful scene with focus and awareness; mindful speech; or performing any activity or task with full awareness of that very moment and that activity.
- In relationship? Placing our focus on the person to whom we are speaking, and listening with attention and openness.

***How have these practices worked for you this month? What is on your mind as you review your past month? What knowledge have you gained, and what judgments or assumptions have you let go? What resources have been of value?***