

VIGIL Script for July 9, 2020
By Karen Wyatt MD

1. Introduction:

Today is the 9th day of July 2020. On the ninth of each month, communities are invited to hold space for reflection on life, death, and transformation and so I invite you to join me in a vigil today and on the ninth day of each coming month.

Today we come together in this Vigil to hold space for global compassion: for love for ourselves, for all people in this world, for all animals and plants of the earth, for the planet itself. Today we anchor ourselves in love and radiate love in every direction, to inspire healing, transformation and growth for ourselves and for all of humankind.

2. Focus intention with 3 deep breaths

3. Blessing for Lighting the Candle

As we light this candle

May we set our own hearts afire with love for the wounded and sick, for the disempowered, for the downtrodden, for those who are hated and for those who hate. This light represents the love that can overcome all darkness.

4. Verses:

In the Torah it is written: Love your neighbor as yourself.

Roman philosopher Seneca wrote: Love one another and do not strive for another's undoing.

Buddha spoke: Radiate boundless love towards the entire world — above, below, and across — unhindered, without ill will, without enmity

Sufi poet Rumi wrote: Love is the bridge between you and everything.

Mahatma Gandhi said: Where there is love there is life.

Paramahansa Yogananda spoke: Have only love in your heart for others. The more you see the good in them, the more you will establish good in yourself.

Jesus said: “Love one another.” “Love your neighbor as yourself.” “Love your enemies.”

5. Reflection

Throughout the history of humankind, our greatest wisdom teachers have taught us to love one another ... that we are connected to all of life throughout the universe and our highest purpose is to give love to all others, including those we view as our enemies; including those who have wounded us; including those who disagree with us; including those who hate us. To love the unlovable is the greatest challenge we will face in our lifetimes and we are being called to meet that challenge right here, right now at this moment in history. It is time to wake up and recognize that we are not separate from any other life in the universe – we are connected, we are one.

Smiling Bear from the Cherokee tribe spoke: All life is sacred and all creation related. What we do affects the whole universe. So let us walk in Balance with Mother Earth and all her peoples.

It is time to restore balance on this planet through love and compassion. We will not move forward with anger in our thoughts or hatred in our hearts. We must release all within us that does not foster love – all judgment, blame, condemnation, shame, ridicule, fear, greed, superiority. We are at a crossroads – only love will lead to our survival. Some hearts have been hardened by pain—it is time for them to soften. Some minds have been narrowed by fear of change—it is time for them to open. Some eyes have been blinded by prejudice—it is time for them to see again. Some souls have been beaten down by injustice—it is time for them to rise up.

Oglala Sioux Holyman said: Every step you take should be a prayer. And if every step you take is a prayer, then you will always be walking in a sacred manner.

Now is the time to be soft and open and clear-sighted, and empowered. Now is the time for every step you take to be a prayer of love for yourself, for all

people in this world, for all animals and plants of the earth, for the planet itself.

6. Introduction for silent contemplation

As we now contemplate the need for love and compassion in our own lives, for our communities, for all of humankind, for nature and the entire planet we hold darkness and the unlovable in one hand and the fire of divine unconditional love in the other. Placing our hands together over our hearts we envision how the light of pure love overwhelms the darkness and dissolves away hatred. We hold space here for all for the wounded and sick, for the disempowered, for the downtrodden, for those who are hated and for those who hate.

Unconditional love radiates from the fire in our hearts to all those who are waiting in the darkness on this planet.

Breathing in we fill our hearts with this fire of love, breathing out we radiate its light and warmth in every direction, to all who need it right now.

Continue breathing love in and out for as long as you like as you pray or meditate.

7. Music and time for silent contemplation

8. Benediction

Having come together in this vigil for global compassion we now prepare to return to our daily lives. Repeat after me the Lovingkindness Meditation or Metta:

May I be at peace

May my heart remain open

May I realize the beauty of my own true nature

May I be healed

May I be a source of healing for this world

May you ...

May we ...