

VIGIL Script for September 9, 2020
By Karen Wyatt MD

1. Introduction:

Today is the 9th day of September 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 acknowledge and hold space for the fear that is washing over us from all sides in our day-to-day existence. We recognize that changes are occurring across our planet with unimaginable speed, that Shadow forces of darkness are arising to take advantage of the shifting energies in our society, our nation, our world. We feel the pain of ongoing loss of life due to coronavirus, fires that are decimating wild lands and communities, racial injustice, rioting and violence, economic stress, political corruption—all of which are generating fear. And we hold space as well for the presence of unconditional love that continues to shine in our hearts and we seek to amplify love rather than be controlled by fear. Together we can diminish the power of fear by uniting in love.

2. Focus intention with 3 deep breaths

3. Blessing for Lighting the Candle

As we light this candle
we illuminate the small spark of love in each of our hearts. We join these sparks together to create a heavenly light of love that can overpower the fear of even the darkest night.

We allow this light to inspire us toward greater love.

4. Poem:

For Courage by John O'Donohue

When the light around you lessens
And your thoughts darken until
Your body feels fear turn

Cold as a stone inside,
When you find yourself bereft
Of any belief in yourself
And all you unknowingly
Leaned on has fallen,
When one voice commands
Your whole heart,
And it is raven dark,
Steady yourself and see
That it is your own thinking
That darkens your world.
Search and you will find
A diamond-thought of light,
Know that you are not alone,
And that this darkness has purpose;
Gradually it will school your eyes,
To find the one gift your life requires
Hidden within this night-corner.
Invoke the learning
Of every suffering
You have suffered.
Close your eyes.
Gather all the kindling
About your heart
To create one spark
That is all you need
To nourish the flame
That will cleanse the dark
Of its weight of festered fear.
A new confidence will come alive
To urge you towards higher ground
Where your imagination
will learn to engage difficulty
As its most rewarding threshold!

5. Reflection

These are challenging days. When we look outside ourselves we see struggles and pain in every direction. People are suffering. Communities are suffering. The planet is suffering. We cannot deny that a massive global change is occurring before our eyes and that we are frightened by what we see. Everywhere we look there is destruction as systems and old ways of operating are being dismantled. Fear arises when our foundations feel threatened and we don't know if they can hold us—we don't know where to find stable footing. Fear can cause us to withdraw, to reject others whose behavior offends us, to act out with anger and blame toward those we hold responsible for these changes.

But fear leads us in the wrong direction. Fear creates obstacles that don't allow us to move forward. Fear causes us to shrink and contract into our lower beings, our egos, while we ignore the gentle guidance of our souls. This is the time we must see beyond our own fear and understand that there is something greater than us at work in the universe. Our fear limits our capacity to be creative in the midst of suffering. Our fear makes us susceptible to the darkness of others. It is time to rise above our fear and recognize that we contain the most powerful force in existence: love.

Osho says: "Don't move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move."

Love can show us toward the "higher ground" where fear has no power. Love can unite us with one another.

In the Upanishads it is written: "Who sees all beings in his own self, and his own self in all beings, loses all fear."

Love is the force that will banish fear and fear-based behavior. But we have to search for it as in the poem – seek the diamond-light of love sparkling within ourselves and within every other person. There is no other pathway through this dark and frightening time. Only love will lead us where we need to go.

Let us pause in this moment and place our fear in a corner of our thoughts. Let us search our hearts for that spark of love, that glistening diamond that was instilled in all of us at the moment of creation. Let us listen for the whisperings of our own souls, of the Divine that leads us to act through and with and from Love—only Love—in this moment

6. Introduction for silent contemplation

As we now contemplate how to act in our daily lives from love rather than fear, we open our hearts to be filled with even more love and light. We hold our dark fear in one hand and the powerful shining diamond of Divine love in the other hand. Placing our hands together over our hearts we envision that fear dissolves away when confronted by the light of love. We hold space here for all who are suffering in this moment and for all who are acting out from fear. May they be surrounded by love.

Breathing in we fill our hearts with the diamond light of love, breathing out we radiate light in every direction, to all who struggle in the darkness.

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 overcoming fear we now prepare to return to our daily lives. Repeat after me:

Even though I see frightening darkness around me
I am not alone.

Fear is in my mind
But does not control my heart

I have within me
All the love I need

I will let love lead me
And show me how to change my world

Everything I have suffered
Has made me capable of even more love

I have nothing to fear
Because love is the power that shapes the world.