

VIGIL Script for November 9, 2020
By Karen Wyatt MD

1. Introduction:

Today is the 9th day of November 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 the anger and negativity we are holding toward those we see as enemies and to rise above that anger to a place of compassion and acceptance. We recognize that our lower selves or egos, as a means of self-protection, view those people who are different from us as enemies. Those who look different than us, believe a different faith, act from different values, belong to a different group, or cherish a different culture represent a threat to our egos, which long for the safety of familiarity: familiar faces, language, clothing, customs, and world view. But we live in a world of diversity, which arises from the beautiful creativity of the Universe. The creative force moves always toward maximum diversity as manifested all around us in the stunning array of animals, plant life, and human beings that populate planet Earth. Each of us is a unique creation within a vast tapestry of variations, all woven into one. We come together today to move toward acceptance and compassion for all of our fellow humans so that we can rise above the destructive forces of our own lower consciousness.

2. Focus intention with 3 deep breaths

3. Blessing for Lighting the Candle

As we light this candle we shine the light of love on the fear and anger we hold toward all who differ from us. We shine this light as well upon our Shadow self to help us see the enemies within us that we have kept in hiding. We recognize the beauty of each person and each rejected part of ourselves that we view as enemies and extend the powerful light of love to help us join as one.

4. Poem:

For Lost Friends by John O'Donohue

As twilight makes a rainbow robe
From the concealed colors of day
In order for time to stay alive
Within the dark weight of night,
May we lose no one we love
From the shelter of our hearts.

When we love another heart
And allow it to love us,
We journey deep below time
Into that eternal weave
Where nothing unravels.

May we have the grace to see
Despite the hurt of rupture,
The searing of anger,
And the empty disappointment,
That whoever we have loved,
Such love can never quench.

Though a door may have closed,
Closed between us,
May we be able to view
Our lost friends with eyes
Wise with calming grace;
Forgive them the damage
We were left to inherit;

Free ourselves from the chains
Of forlorn resentment;
Bring warmth again to
Where the heart has frozen
In order that beyond the walls
Of our cherished hurt
And chosen distance
We may be able to
Celebrate the gifts they brought,
Learn and grow from the pain,

And prosper into difference,
Wishing them the peace
Where spirit can summon
Beauty from wounded space.

5. Reflection

In less than one year we have experienced an entire lifetime of suffering. We have lost loved ones, jobs, homes, financial security, holidays and celebrations, the ability to travel, our social connections, our favorite places to hang out, our reliable routines. In addition we have lost our sense of safety and unity with our fellow human beings. Perhaps we've never really had a true sense of safety and unity with other people, particularly those who are different from us, but now we feel more divided and separate than ever before. Now we can identify others who have become "enemies" to us and we cannot fathom how they think and feel and perceive the world. We have become aware of a chasm between "us" and "them" and we cannot imagine a bridge large enough to span that gap. In fact our own minds are not capable of building the bridge that is needed to heal the differences that have become apparent.

But today we come together to seek that "eternal weave where nothing unravels," that place deep within us where all of creation is bound together as one and no enemy exists. Love is the only force that can "bring warmth where the heart has frozen" and help us rise above the blame and resentment manufactured by our own egos. Love is the task we must pursue, the action we must take, if we want to heal our planet—and we must learn to love even when we are not loved in return, even when we are met with anger from those people we bring into "the shelter of our hearts." This is the highest teaching of all wisdom traditions: to "love one another" and even to "love our enemies."

But this great love doesn't come naturally to our lower selves so we seek the guidance of our Souls, our higher consciousness, in order to embody this transformative love.

Thich Nhat Hahn wrote: "**When you begin to see that your enemy is suffering**, that is **the** beginning of insight."

We acknowledge that everyone we judge to be an enemy is also suffering in this current world. Everyone is in pain. Everyone is grieving. Everyone is frightened. We embrace our “enemies” with compassion and love.

Kahlil Gibran wrote: “And God said "Love your enemy." And I obeyed him and loved myself.”

We acknowledge that we have made our own pain into an enemy. We have rejected our own suffering. We embrace the grief within us with compassion and love.

Love is the force that will transform our enemies into fellow travelers on this journey. Only love will lead us where we need to go.

Let us set aside our anger, resentment, hurt, and fear. Let us search our hearts for the spark of love so bright and vast that it can shelter all of our former displaced enemies, who have now been woven into the whole tapestry of our lives.

6. Introduction for silent contemplation

As we now contemplate how to accept those who differ from us as part of the whole of life rather than as enemies, we open our hearts to become deep and safe shelters of love and light. We hold our perceived enemies and rejected parts of self in one hand and in the other we hold the shining, courageous light of love and compassion. Placing our hands together over our hearts we envision our enemies being embraced and interwoven into the tapestry of love. We hold space here for the suffering of all beings in this moment and offer compassionate shelter for those we have rejected and despised in the past.

Breathing in we fill our hearts with the light of love, breathing out we radiate light in every direction, to all who have been left 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 embracing our enemies with love we now prepare to return to our daily lives. Repeat after me:

I recognize that everyone is suffering in this world.

I understand that even those who cause me pain are themselves in pain.

I choose to no longer add to the suffering that others bear.

I choose to open my heart and shine its light on challenging relationships.

I choose to see others through the light of compassion rather than hatred.

I choose to bring the highest vibration of love into this world.

I choose to be a force for healing the world rather than creating further division.