

First Reading: Listen now with the ears of your heart and allow the message to wash over you.

Second Reading: Notice a word or a phrase that is holding your attention.

After Second Reading: Now allow that word or phrase to rest within you.

After Third Reading: What is your soul crying out for? Your Beloved awaits.

Psalm 62 (Inspired). Prayer by Ricky

If I say these words will Truth support them? Will I absorb the spiritual nutrients I long for?

The Psalmist says: Truly my soul finds rest in you O'God, for you alone can save me from myself. The lies and the thoughts that tell me I am not enough.

You, Divine Source, are solid, unbreakable. ALWAYS, always in existence. Your guidance available through all the woes of life. I so desperately never want to experience otherwise.

And yet, tho I know better, it feels at times as tho you are punishing me, abandoning me. That you've permitted the difficulties and challenges in life in order to unveil the rot that lies within me. Times when I've been self-centered; times when I've looked the other way; and times when jealousy and rage have kept me from loving myself, others, and You. Yes at times the punitive god of my past haunts me.

Will this self-created wrath be with me forever? Will life's cruelty and unfairness never end? My statute is strong, Your ways imbedded in my heart....but my mind and my thoughts, cry out for more. This false self, too often, thrives on the words of others who praise my work, blessing my efforts. Yet what are words? Shallow. Meaningless.

Yes, it is You, O' God, the god of Love, that my soul is longing for. Rest that restores my hope. Rest that unveils Truth, brings peace, and bathes me in unspeakable Grace.

You are closer than my own breath. Your exhale is my inhale....my very existence depends solely on You. In You we are all one breath. There is no better or worse. For at our core...beneath the thinking, the breathing and the heartbeat is only Love.

As I awaken from my "slumber" I hear that wee small voice speak truth to my soul: "You are enough. You have all that you need.