

Awaken to God's Presence | Asian Pacific Island Awareness

SUMMARY KEYWORDS

Meditation, reflection, Asian Pacific Islander, resilience, wisdom, belonging, breath, calm, tension, diversity, culture, respect, sacred worth

SPEAKERS

Joelle Wight, Robin Linkhart

Joelle Wight 00:04

A gift of peace in the midst of troubling times. Faith Unfiltered Podcast offers this series of guided practices to help you connect with the divine no matter where you are or what's going on around you, take a deep breath and allow your spirit to find calm in the storm of life.

Robin Linkhart 00:31

Welcome to a time of meditation, gentle words, inviting you into reflection, followed by silent pauses a space to simply be. This is Robin Linkhart, Community of Christ minister and your companion for today's spiritual practice. Wherever you are, let us begin by settling into the quietness of this moment, allow your body to rest right where you are, let the noise of the day begin to soften, let your mind grow quiet. Settle into a comfortable position, rest your feet on the ground, feel the support beneath you, allow your shoulders to unwind. Take a slow breath in and release it gently one more time. Just breathe in calm. Breathe out tension. Notice your breath, your body, the stillness within and around you. Let go in this moment, simply be as you feel comfortable, gently close your eyes or soften your gaze. Listen to the rhythm of your breath. Allow your breath to anchor you in this moment, as you continue breathing bring awareness to the many stories that shape our world. In this month of May we pause to honor the lives cultures and contributions of Asian and Pacific Islander communities, Stories of resilience, wisdom, beauty and belonging with each breath in, imagine you are receiving the gifts of generations, traditions carried across Oceans, voices that have endured, spirit that continues to rise with each breath out, release any tension, any assumptions, any barriers within you, making space for deeper understanding and connection. Now gently hold in your awareness the vastness of the Pacific, the richness and cultures across Asia, the diversity of language, food, art and faith. Notice what arises in you, curiosity, gratitude, humility, what else? Allow your heart to open just a little more silently or aloud, perhaps, offer this intention to May I listen with respect? May I honor stories beyond my own? May I reckon. Recognize the sacred worth of every culture and every person, rest here for a few breaths simply being present as we rest in the silence of the coming Minutes, offer reflections of how you might listen with respect, how you might honor stories beyond your own, how you might recognize the sacred worth of every culture and every season. As we prepare to return, carry this awareness with you. We are all connected in a shared human story, each culture a vital thread in the fabric of life. As you go from this moment, gently hold these questions in your heart. Where am I being invited to listen more deeply to voices and stories different from my own. What is one small, intentional way I can honor and celebrate the cultures and communities around me this week? May the questions you have pondered during this time of meditation guide you not as pressure, but as invitation. Take one more deep breath in and slowly release when you are ready. Gently open your eyes. Go in peace. Amen. Bye