

12th Annual Silent Nights Meditation Tools for Coping During the Holidays: At-Home Resources

Recording: Crystal Bowl Sound Healing

Shared by The Reverend Gena Davis

<https://www.genadavis.org/podcastandevents>

Poems & Quotes

Compiled by Virgil Fry, Institute for Spirituality & Health

Before the season rushes in,
give yourself grace.
The holidays don't need to be
Perfect to be meaningful.

It's the showing up,
the kindness, the love
the giving back,
the remembering,
and the being together.

You don't have to do it all.
You just have to be there.
That's the real magic.

~ Rachel Marie Martin

Grief is not a disorder, a disease, or a sign of weakness.
It is an emotional, physical, and spiritual necessity, the price you pay for love.
The only cure for grief is to grieve.

~ Earl Grollman

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When the brokenness of the world makes you tired, run to the forest.

Remember how small you are.

Watch the leaves change.

Listen to acorns fall from the heights.

Let the wind and the water talk to you about what it means to heal.

Let The Creator show you the benevolent, secret places.

~ **Katlin Curtice**

In the stillness of the quiet, if we listen, we can hear the whisper in the heart giving strength to weakness, courage to fear, hope to despair.

~ **Howard Thurman**

Be the silent watcher of your thoughts and behavior. You are beneath the thinker. You are the stillness beneath the mental noise. You are the love and joy beneath the pain.

~ **Eckhart Tolle**

To be fully human, fully myself,

To accept all that I am, all that you envision,

This is my prayer.

Walk with me out to the rim of life,

Beyond security.

Take me to the exquisite edge of courage

And release me to become.

~ **Sue Monk Kidd**

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Songs & Prayers from the Jewish Tradition

Compiled by Cantor Rollin Simmons, Congregation Emanu El

Kein Y'hi Ratzon

Elana Arian

Inspired by Loving Kindness Meditation
and Priestly Blessing (Numbers 6:24-26)

May I be safe
May I be free
May I find space, space to just be

כֵּן יְהִי רָצוֹן

Kein y'hi ratzon
May I find my way back home

I am Here by Rollin Simmons

<https://on.soundcloud.com/gSqlpMIfoP4Xhu8hFT>

I may not be standing before you
But I am here
And I cannot see your face
But I know you are near
The fight keeps getting even harder
It's weighing me down
Tryin' to find a way to stand up
with my feet on the ground

I pray for peace

I pray for strength

I pray for healing

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**For courage and light
Through the dark night
I pray for healing**

I closed my eyes and dreamed
Of what life could be
I close my eyes
Now the tears fall, is this still me?
Building up a new foundation
Inside these walls
Let there be a restoration
That won't let me fall

There may be days
When I think I can't do this
But then there are days
When I know I'll pull through this

May my life be a celebration
Of all that I am
May my life be an inspiration
I know that it can
The love of those who came before me
It shaped my soul
The love of those who now surround me
It's making me whole

When I Die by Merrit Malloy

When I die give what's left of me away
to children and old men that wait to die.
And if you need to cry

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cry for your brother walking the street beside you.
And when you need me, put your arms around anyone and give them what you need to give me.
I want to leave you something,
something better than words or sounds.
Look for me in the people I've known or loved,
and if you cannot give me away,
at least let me live in your eyes and not in your mind.
You can love me best by letting hands touch hands, and by letting go of children that need to be free. Love doesn't die, people do.
So, when all that's left of me is love,
give me away.

Olam

Psalm 89:3, Music by Rabbi Menachem Creditor

עולם חֶסֶד יִבְנֶה

Olam chesed yibaneh, ya da dai dai dai...

I will build this world from love, ya da dai dai dai...
and you must build this world from love, ya da dai dai dai...
and if we build this world from love, ya da dai dai dai...
then God will build this world from love, ya da dai dai dai...