

A.M.D.G.

'Shine far and wide like a Lighthouse' Examen SCRIPT

"Love is the essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life. Meaning does not lie in things. Meaning lies in us." - Mariann Williamson

In this reflective journey we encountered the themes of gratitude, self-love, compassion, hope, courage, discernment and healing. Every week for the past six weeks we reflected on where we find these virtues in our lives and, most importantly, how we can activate them in order to help us grow in love.

Today's final reflection is inspired by Mariann Williamson. In 'A Return to Love' she writes,

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."¹

Remember, unmasking and finding your true self, and then following your purpose in life is not a self-centred act, but enables you to be of service and share generously. Everyone has a purpose that is as unique as their finger print: you are worthy, simply because you are who you are. Accept and honour your unique gifts and share them with the world. This is the reason why we are here. If we stop to judge and doubt ourselves, we can take risks and do more of who we really are. Like a lighthouse we will shine far and bright, extending our purpose and love generously and thus creating a kinder, more compassionate and meaningful future for all.

Let's begin this Examen practice by allowing yourself to become still, in mind and in movement. Turn down the volume on random thoughts and preoccupations. Allow yourself to just BE. Become aware of your breathing. Feel your in-breath. Feel your out-breath. Let your breath flow.

Now open your mind and your heart to this Examen asking God to reveal, in any special way, ALL the blessings and all the light in your life. Take a moment to give thanks for all the light you have received and allow the gratitude to sink in.

¹ <https://marianne.com/a-return-to-love/>

Now ask God to fill you with light. Allow yourself to be led in this prayerful reflection, rather than brooding or obsessing over your day or week.

Going day-by-day, review the past week.

“Where is and has the light been within and around me?”

Wait what comes up and try to relive the light filled moments of this week.

Thank God for the gifts and light you find in each day.

Pause in any of the difficult moments.

“How could I have radiated more light?”

“What is the darkness I need to resist?”

Wait what comes up and work through the moments of darkness this week.

“Is there anything I have said or done, left unsaid or undone for which I am sorry?”

Ask for forgiveness and feel how God’s unconditional love washes over you.

Looking forward contemplate the following question:

“God what do you need me to do to live more in the light tomorrow?”

Ask God to show you concretely how he (or she) wants you to respond.

Before concluding ask yourself,

“What would life look like if I believed that my inner light was transforming?”

Take a moment to envision you being the light. Imagine a bright white light shining from your heart out into the world touching all those who need it. Ask God to help you to shine your light in this world.

See if there is anything else you want to say to God ...

To close this Examen practice we

a) Pray the Our Father OR

b) Place our hands in prayer on our forehead and then our heart. “Amen”.