

Peace: Ash Wednesday, 17 Feb21, begins the period of Lent in the Christian tradition.

Typically, on this day some ministers of Christian churches may dispense with one's thumb ashes by imposing them in the form of a cross on the recipients forehead (third eye / pineal gland).

The minister may say: **"Remember you are dust and to dust you shall return."**

In the original Rule of St. Benedict Chapter 4:47 reads: *To always keep death before our eyes.*

And of mindful interest, Chapter 4:48 reads: *To observe every hour the actions of our lives.*

Easter 2021 is April 4 the end of Lent. In this Lenten season may we keep death already before our eyes, being mindful of how we are behaving the in moment in thought, word, and deed.

In whatever religious or spiritual tradition, or not, to which we may identify, may we keep in mind / heart (thoughts, words, deeds) the essence of the Eight Beatitudes as surely they apply in today's milieu:

## **THE EIGHT BEATITUDES OF JESUS**

"Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

Blessed are they who mourn,  
for they shall be comforted.

Blessed are the meek,  
for they shall inherit the earth.

Blessed are they who hunger and thirst for righteousness,  
for they shall be satisfied.

Blessed are the merciful,  
for they shall obtain mercy.

Blessed are the pure of heart,  
for they shall see God.

Blessed are the peacemakers,  
for they shall be called children of God.

Blessed are they who are persecuted for the sake of righteousness,  
for theirs is the kingdom of heaven."

It is only up to us individually to realize that the kingdom of heaven is at hand (Matt 10:7). When realize we are out of sorts, breathe in and while exhaling let go of whatever it is we are hold onto that brings unnecessary pain and suffering to our own selves and those in our midst. It is only a thought, a dream like product of illusion. And remember, behind all this and that is silence and the echo of the psalmist: Be still and know that I am God. (Psalm 45/46:10)

Many blessings and Peace and Joy! :-)

**White Robed Monks of St. Benedict**