

What does it mean to do the little things well?



Here are some suggestions for some quiet time now. Please do whatever feels right for you at the present time, but please try to keep the silence. Thank you

A Walk outside as a walk of Awareness.

The spring flowers,
the moon in autumn
The cool breezes of summer,
the winter's snow
If idle concerns do not cloud the mind
This is our happiest season. (Y. Roshi)

I consciously allow myself a set time to walk through nature.

I allow my thinking and judging capacity to have a rest. I allow myself to be **AWARE**.

What do I **SEE**? Grass, sky, clouds, trees, water, buildings...

What do I **HEAR**? Birds singing, dogs barking, vehicles, wind or water, people talking...

What do I **SMELL**? The scent of flowers, animals, exhaust fumes, fermenting leaves....

What do I **SENSE / TASTE**? The warmth of the sun, the wetness of rain/water, the wind blowing in my face, the cold of winter, the mild air of spring or autumn, the heat of summer....

I allow myself to be **AWARE**....without evaluating or judging that which I perceive through my senses....

Prayer Stations

You may find the prayer stations entitled, "Do the Little Things Well" and "Peace, Perfect Peace," particularly helpful at this point. But please go as the spirit moves you.

**Try meditating on the words of the hymn,
"Teach me, my God and King."**

Teach me, my God and King,
in all things thee to see,
and what I do in anything
to do it as for thee.

A man that looks on glass,
on it may stay his eye;
or if he pleaseth, through it pass,
and then the heaven espy.

All may of thee partake;
nothing can be so mean,
which with this tincture, "for thy sake,"
will not grow bright and clean.

A servant with this clause
makes drudgery divine:
who sweeps a room, as for thy laws,
makes that and the action fine.

This is the famous stone
that turneth all to gold;
for that which God doth touch and own
cannot for less be told.