

I fast from shadows of sorrow.

Did you know there are different kinds of sorrows? One kind is referred to as a “worldly” sorrow, which is akin to situations that don’t go the way we think they should, someone speaks to us unkindly, we don’t get what we envisioned, or maybe we believe we have disappointed a loved one and feel shame for not measuring up.

However, another type is referred to as a “godly” sorrow, which comes from our awareness that we believe we are separate from our own divinity, that we are not a part of the sacredness of all life. This type of sorrow can leave us feeling very alone and thinking we don’t belong, are unworthy, or our presence just doesn’t matter. It is this type of sorrow that can cast long, dark shadows across our lives.

When we realize we are experiencing this, we fast on this shadow of sorrow by taking a deep breath and remember it is internal noise - the result of struggling with unhealed hurts and wounds. This noise is like a leaky faucet, dripping into our souls, until one day we feel disconnected from life, from our very Source. We continue to fast by mindfully speaking words of kindness to ourselves, remembering we are not alone, and giving voice to these shadows of sorrow in order to come into the fullness of our True Self.

I feast on the serenity of silence.

Silence is the gift that brings us back to ourselves. Whether the silence is internal or external, feasting on it is an invitation to turn away from distractions, from the noise that can hijack our joy and serenity. The silent self helps dampen the noise of impatience, anger, depression, isolation, resentment and negative judgments.

The reality though is that any noise, whether in our minds or in our world, is not meant to burden us, but rather to draw our attention to the old knots that tie us up and have kept us stuck for days, months or even years. By feasting on the serenity of silence we can transform those knots of the old ways into threads we use to weave a tapestry of new energy, new hope and new life.

To feast on the serenity of silence, first pause when you find your mind working like a hamster wheel, don’t resist it, rather acknowledge the clamor, and simply give thanks for it. Give thanks because it is an indication that your soul is yearning for solitude. It is a reminder that feasting on silence brings serenity - welcoming us to the world of contemplation. By visiting this world we return to our lives rejuvenated, restored and renewed.

I fast on fast on thoughts and feelings of scarcity

Scarcity is the nagging internal voice telling us that who we are, what we have and what we do are never enough. It is quietly running in the background, and we've probably been swimming in a sea of scarcity without knowing it. Sometimes we feel overwhelmed, nervous, afraid, angry, resentful, disconnected or buried by life. Maybe even all of it.

We believe there is a barren place of wilderness inside, needing to be watered, yet never sufficiently. We believe we don't have enough, and will never have enough, love, compassion, money, rest, time, courage, knowledge, space, fun, food, equality, freedom, generosity, goodness, healing - pick anything! It is a low level of "not-enoughness" flowing through life because we unconsciously believe in our story of scarcity.

Today marks the midpoint of Passion Week, and like many journeys, it can be the darkest part, which is usually when our story of scarcity is most alive. We can become new life, and fast on scarcity, by acknowledging the needs in the world as well as the resources to meet those needs. We can open ourselves to seeing that what looked like scarcity is enough, *when shared*. Then we are able to rest our lives and our bodies down in the bottomless goodness of God.

I feast on abundance

When we believe in our story of scarcity, we close ourselves off to the world of abundance and generosity. We close ourselves off to the space between ourselves and all life. That story of scarcity is not true, because the world and all its inhabitants belong to each other - to care for it. Feasting on abundance means paying attention to what we already have, nourishing it, being grateful for it, and then sharing it. In doing so, what we have, expands.

In the Gospel narrative of Holy Thursday, Jesus washes the disciples feet. In his great act of humility, the space between Jesus and another is filled with a towel. The towel becomes one of the greatest symbols of abundance - a demonstration of belonging that is in sharp contrast to the ways of the world. This power of belonging is expanding what is already present in our lives. Feasting on abundance is shared humanity, divine intimacy, and loving service. To feast on abundance, means asking myself daily, "How do I need to be for you to know love (or joy, peace, security, compassion)?" Feasting is an invitation to replicate Jesus' act of humility and belonging, thereby giving us access to great energy, generosity to see the abundant world in which we live.