



The Life and Care  
of an **Idea**

WEEK 4 (October 26<sup>th</sup>, 2025)

## OPENING PRAYER

Written by: Cheri Polk

We begin by turning inward, recognizing the living Christ Presence within each of us. Today, we call forth the Divine Power of Strength, steady, calm, and grounded in love. We are rooted in Spirit, and guided by the quiet courage that lives within. We see ourselves surrounded by light green, the color of renewal and spiritual balance, reminding us that true strength flows with grace, not force. Centered in truth, we open this time in clarity and peace. And so it is. Amen.

## MEDITATION

Written by: Shannon Hoff-Smith

Entering this time of meditation, let's first take a moment to settle into a state of relaxation. Settle comfortably into your chair, pull your shoulders up to your ears, and relax, tilt your head first to the left, then to the right. Closing your eyes, or softening your gaze as you feel safe, take a deep breath of Spirit in, exhaling the cares of the day, and again, a deep breath of Spirit in, and exhaling the cares of the day.

In the beginning when God created Heaven and Earth on the first day he said, 'Let there be Light,' the light of Spiritual Truth, the awakening of man to spiritual consciousness.

On the second day, God said, 'Let there be a dome in the midst of the waters,' the sky, the firmament, representing Faith, the unfolding consciousness of the possibilities of Divine Mind.

On the third day of creation the seas were gathered, and the earth appeared, soon bursting forth with fruit and seed as Imagination flourished, the expressions of the formative power of Divine Mind.

On the fourth day, 'God said let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons, and for days and years, and let there be the lights in the dome of the sky to give light upon the earth. And it was so. God made the two Great Lights – the greater light to rule the day, and the lesser



light to rule the night – and the stars. God set them in the dome of the sky to give light upon the earth, rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good.’

The two great lights, the sun and the moon, representing the powers of Will and Understanding, the divine Order of the seasons, is the illumination of the divine consciousness unfolding, aligning with these, is our Power of Strength.

These celestial bodies moving in meticulous harmony, rising and setting, waxing and waning, nature’s perfect order. Both the flexibility and resilience of Strength abound in nature, the bamboo that bends in the wind, but does not break, a spider’s silken thread.

The eagle is an exquisite symbol of Strength. The eagle represents visual clarity, the ability soar above challenges to reach a higher perspective and a higher purpose, courage and resilience, transformation and renewal. Let us take a moment as we prepare to enter the silence to become that eagle. Visualize the walls of your upper room melting away, the vast expanse of Mother Earth spread out before you, allow your wings to spread as you take flight, effortlessly, entering the flow of the winds to lift you higher, higher, soaring, gliding, seeing it all in a glance now with perfect vision, higher still, you are now a celestial body at one with the cosmos. Feel your STRENGTH, as we rest in the silence.

[1 minute of silence]

Awakening from this time of silence, let us hold this in our minds, and in our hearts, that we are Strength. Aligned with the celestial bodies created on the 4th day, with Will and Understanding our path is illumined, our vision is clear, and all is in divine Order, as we joyfully co-create all that is ours to do in this earthly realm.

Slowly begin to wiggle your toes, move your body, open your eyes when you are ready, and thank yourself for this time.

CLOSING PRAYER

Written by: Cheri Polk

As we close this sacred time together, we give thanks for the strength that has held and guided us. We rest in the quiet power of Spirit within, steady, resilient, and always available. Bathed in light green, we carry forward a sense of renewal, balance, and calm.

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Grounded in love and aligned with truth, we move ahead with faith and inner strength.  
And so it is. Amen.