The Eucharistic Prayer of the Cosmos

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The Eucharistic Prayer of the Cosmos - the cosmic heart of Seán's liturgy, offered as a standalone text for contemplation and celebration.

P = Priest/Presider · C = Community/Congregation · A = All

P God, the Cosmic Dancer, we honor you. You who choreograph the solar flares, the orbits of the planets and the wild careening of comets and meteors. You who can name every ancient rock in the Asteroid Belt, you who can tango with typhoons and twisters and tornadoes, we honor you.

C We honor you!

P God, the Ultimate Artist, we honor you. You who paint sunrises and sunsets, the plumage of birds and the camouflage of insects. You, who with your finest brushes, watercolor the wings of butterflies and the costumes of flowers, we honor you.

C We honor you!

P God, the Sculptor, we honor you. You who chisel out rocks and mountain ranges, and cup your hands to form sand dunes, we honor you.

C We honor you!

P God, the Writer, we honor you. You who leave traces of your penmanship everywhere; holographically concealing your entire Magnum Opus in every line of the text. You whose mystical meaning is often misunderstood by the scriptures of the world, scriptures in which Unity Consciousness is fragmented into sectarian separation. You who secreted, in the winking of a distant star, the Rosetta Stone which would allow us to translate every experience into a Christ-consciousness moment of 'Eureka', we honor you.

C We honor you!

P God, the Musician, we honor you. You who make flutes of the willows by the lakeside and of the reeds on the river bank; you whose bass-baritone reverberates in the thunder and whose soprano trills in the morning music of the blackbird; you who drum ecstatically

with your raindrops on the sun-parched plains; and you who hold all of these sounds in the silence of a star-studded night sky, we honor you.

C We honor you!

P God, the Mathematician, we honor you. You who love to play with binary codes with base 4 and 6 and 8; with rational numbers and with irrational numbers, with real numbers and with imaginary numbers; you who from nothing created the One and from the One, created the partnership of the Two; and from the Two created the Many; and, then, from the Many collapsed all, mystically, back to the One, which vanishes into the womb of No-thing-ness awaiting rebirth, we honor you.

C We honor you!

P God, the Physicist, we honor you. Quantum-leaping from the impossible to the possible; from the improbable to the probable; and from the potential to the actual, we honor you.

C We honor you!

P God, the Biologist, we honor you. You who whirl ecstatically around your own image in the double helix of life-making, we honor you.

C We honor you!

P God, the Architect, we honor you. You who silently whisper the secrets of home-building in the hearts of weaver-birds and ants; in the hearts of spiders and mice; in the sacred geometry of the temple-makers and in the wombs of mammal mothers, we honor you.

C We honor you!

P God, the Awakener, we honor you. You who patiently call forth more and more complete images of Yourself, until a species is born that remembers fully. You who send avatars into every age to nudge religion towards spirituality and to move us from mere belief-in-gods to experiences of the God-within and the God-among-us. You who are the Sender of Siddharta and the Commissioner of the Christ; you who continue to send countless others to awaken us from illusion. You who are the Gentle Mother watching while the great crises of our times are understood for what they really are: great opportunities for seeing beyond the separation into the Oneness of Isness, our origin, our mission and our home, we honor you.

C We honor you!

P Are you a creator God?

C You are!

P Do you design things intelligently?

C You do!

P Is it by evolution?

C It is!

P And so, since infinity is contained in a single grain of sand, we choose bread and we choose the blood of the vine, symbols offered us by the avatar, the God-man Jesus. And, with altered vision, we see back into his lifetime as a carpenter-mystic to the mystical core of his message, and beyond that into the purpose of his coming.

P Even at the greatest crisis-time of that incarnation, on the night before he was cruelly killed, even then, he could reach into the core of his own being, and, using the food of his last meal with his friends, say:

A *Take this all of you and eat it. This is my body; the body which I accepted at my incarnation, the body that I needed for my mission, the body which is the visible sign of the Word made flesh. And you, also, have done the same. Remember that!*

P Then, reaching for the cup, he told them:

A *Take this, too, all of you who would aspire to Christ consciousness. For this is the cup of my blood; it binds us together since we all share the blood of being human. Truly, we are blood brothers and sisters. So, it is a covenant between us. It is the final covenant. A covenant to dissolve the illusions of separation; a covenant that opens your eyes to the realization that we are not separate from God; that we are not separate from each other; and that we are not separate from nature. This remembering will take away the sin of living in a state of separation. Whenever you celebrate this ritual, remember that!*

P Let us proclaim the Mystery of Faith.

[Here we will sing an appropriate consecration proclamation to bring to awareness the Christ Consciousness come among us.]

P God, You are the Ocean bathing in the waters of your own awareness; we are the fish agreeing that we can feel the wetness but demanding proof that the ocean exists. Help us to awaken.

C Help us to awaken.

P God, You are the lamb gamboling ecstatically in the meadow of your own mindfulness; we are the sheep peering jadedly through a prison-pen of our own making. Help us to awaken.

C Help us to awaken.

P God, You are the forest, a miracle of ecological cooperation. You are the oak tree in the forest, a miracle of individual might. You are a single leaf on the oak tree, a miracle of intricate skin-stretching. You are a cell within that leaf, a reminder of how life was 4 billion years ago. You are an atom within that cell, a reminder of how life was 13 billion years ago. You are the energy within that atom, juggling a multitude of microcosms, each one a hologram of the universe of Hubble. Help us to awaken.

C Help us to awaken.

P God, You are the Hound of Heaven following us down the years and down the days. You are the tiger prowling patiently in the garden of your delights, and we the prey who fearfully hide from the deadly embrace of being consumed by the mystery. Help us to awaken.

C Help us to awaken.

P And so we acknowledge all of our relations. We acknowledge the Stone People, the first children of the rock we call Earth. We acknowledge the Plant People, whose intelligence invented photosynthesis and Earth-life. We acknowledge the Wingéd People, soaring in the vault of the sky, singing and searching. We acknowledge the Finnéd People, silently visiting the depths of the water world. We acknowledge the 4-legged People, who found the forests and the plains, the wilderness and the desert, and learned to be at peace in all those places. We acknowledge the 6-legged and the 8-legged, the most ubiquitous of us all, investigating and inhabiting Gaia like nobody before or since. We acknowledge the 100-legged and the 1,000-legged, the lowly ones, taking forever to go nowhere because nowhere is where the present moment always is. Help us to awaken.

C Help us to awaken.

P And we acknowledge the 2-legged ones, the human family which you joined through incarnation. We are one family, but we are the twin energies of our race, the feminine and the masculine, which are the two facets of your immanence. We are the intrepid seekers who started in Africa and then discovered Asia and Europe, America and Australia, the Arctic and the Antarctic. And everywhere we traveled, we found your footprints. We are Black and Yellow, we are Brown and White and Red. We are the hues on the palette of your art-working. We have learned to speak 7,000 languages, and each one can sing of

your wonders. Help us to awaken.

C Help us to awaken.

P We have followed the signs of your safari on Gaia, getting occasional glimpses of you in our theologies, and having full-on encounters with you in our mystical moments. We are Buddhists and Bahai, we are Christians and Confucianists, we are Jews and Jains, we are Muslims and Zoroastrians, we are Shintos and Shamanists, we are Sufis and Sikhs, we are Taoists and Hindus. We are Seekers, sometimes sleepy seekers and sometimes awakened ones. Help us to awaken.

C Help us to awaken.

P We do not ask for signs anymore for we are surrounded by miracles. Rather, we ask only that we come fully awake. We ask that we become mindful of our true nature which is Buddha-nature; that we become aware of our core essence, which is Christ consciousness. Help us to awaken.

C Help us to awaken.

P Through this realization, under the guidance of the Holy Spirit, we offer you honor and glory, forever and ever.

C Amen

From spiritsinspacesuits.com. Written by Fr. Seán Ó'Laoire for the Companions on the Journey community.