



What's in your hand?



A-How-To-Prep Guide
for 2022

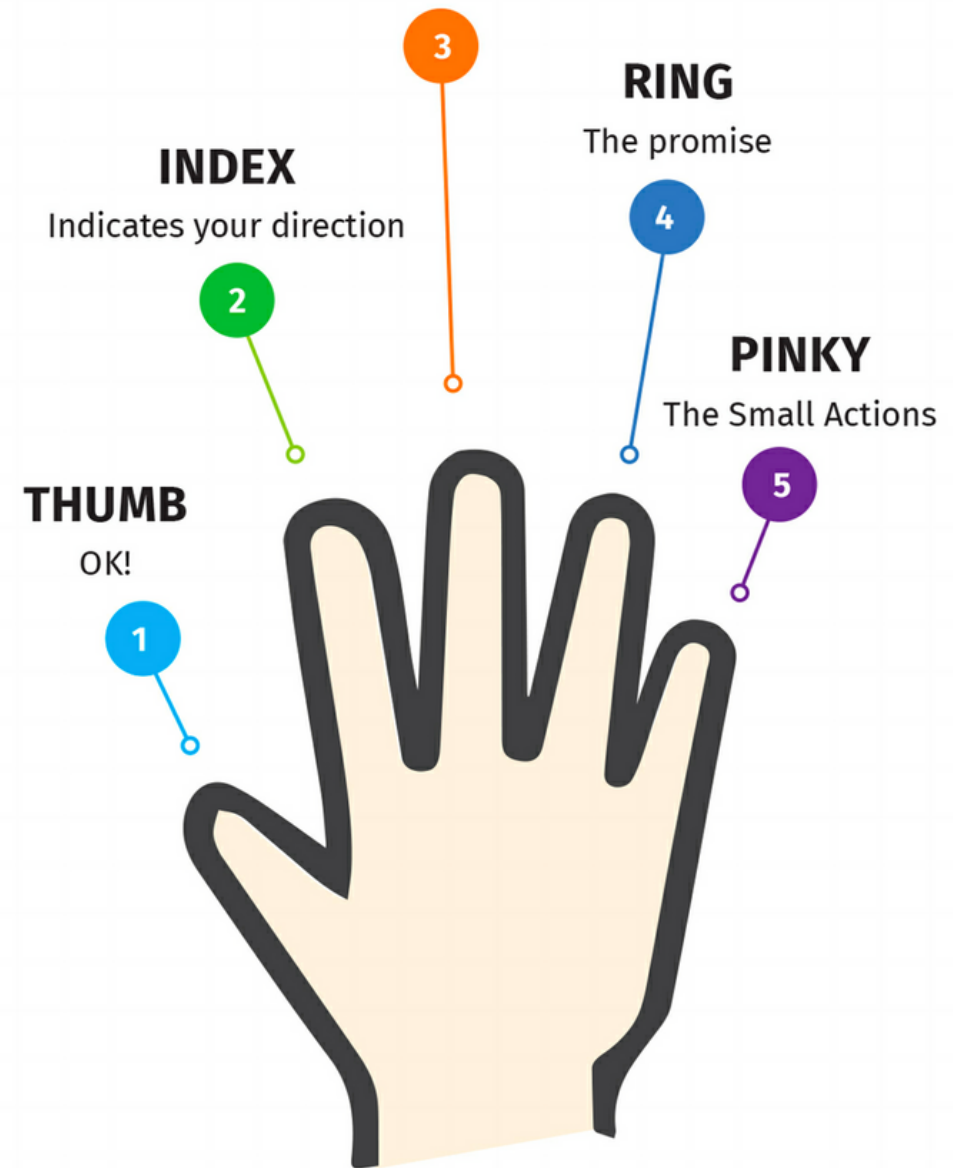
This week's mnemonic device of the hand is adapted from OMM, the One Minute Meditation by Patrizio Paoletti.



Jesus' call to inner transformation is a work of the Kingdom of God (which he says is within us) with several points of access. **The first point** of access is in hearing and resting in "Good News" that God is with us, within us, and for us. The **second access** point is to repent. The Greek word *metanoia*, which we translate as repent literally means to go beyond our thinking, to get an imagination that is beyond ourselves. **Third**, repent in Jewish context was connected with returning from exile, this secondary meaning referred to turning your back on those things that keep you from your destiny and promise. **The fourth point** of access was through believing and this had two movements as well--to trust God to meet your needs while surrendering to this inner work of transformation. **The fifth point of access** was the second movement of faith. Faith was always expressed in a small step, an action. Its seen in taking a small step today and trusting the outcome to God.

MIDDLE

Flip the limiting beliefs off you



Monday

MONDAY

Monday's Quest

"After John was put in prison, Jesus went into Galilee proclaiming the good news of God" –Mark 1:14

New beginnings, in the Christian tradition, are initiated with Good News. Today we want to start with a meditation that orients us toward listening to the good news.

Patrizio Paoletti is an Italian awareness coach as well as a self-described man of peace. Upon a friend's recommendation, Deborah and I attended his Awareness Conference this summer via zoom. Groggy from the Italian time zone schedule and unsure of what to expect we pushed our way through his 3-day conference, participating in all the exercises. His sincerity and well-honed content so affected us that we signed up for another of his conferences this November. During the Awareness Conference, Patrizio taught us about his OMM, an e-book, and acronym for One Minute Meditation. The entire purpose of the OMM is to create a better version of yourself. It is a meditation practice oriented toward inner transformation.

The goal of this week is to be prepped for getting the most out of 2022. In order to accomplish that we will reflect on Mark 1:14-15 and use the OMM tool.

Look at your hand, each finger represents a day.

Thumb=Monday

Index=Tuesday

Middle=Wednesday

Ring=Thursday

Pinky=Friday

This meditation can be practiced in one minute at home, but we will conduct it in parts, one finger per day of the week.

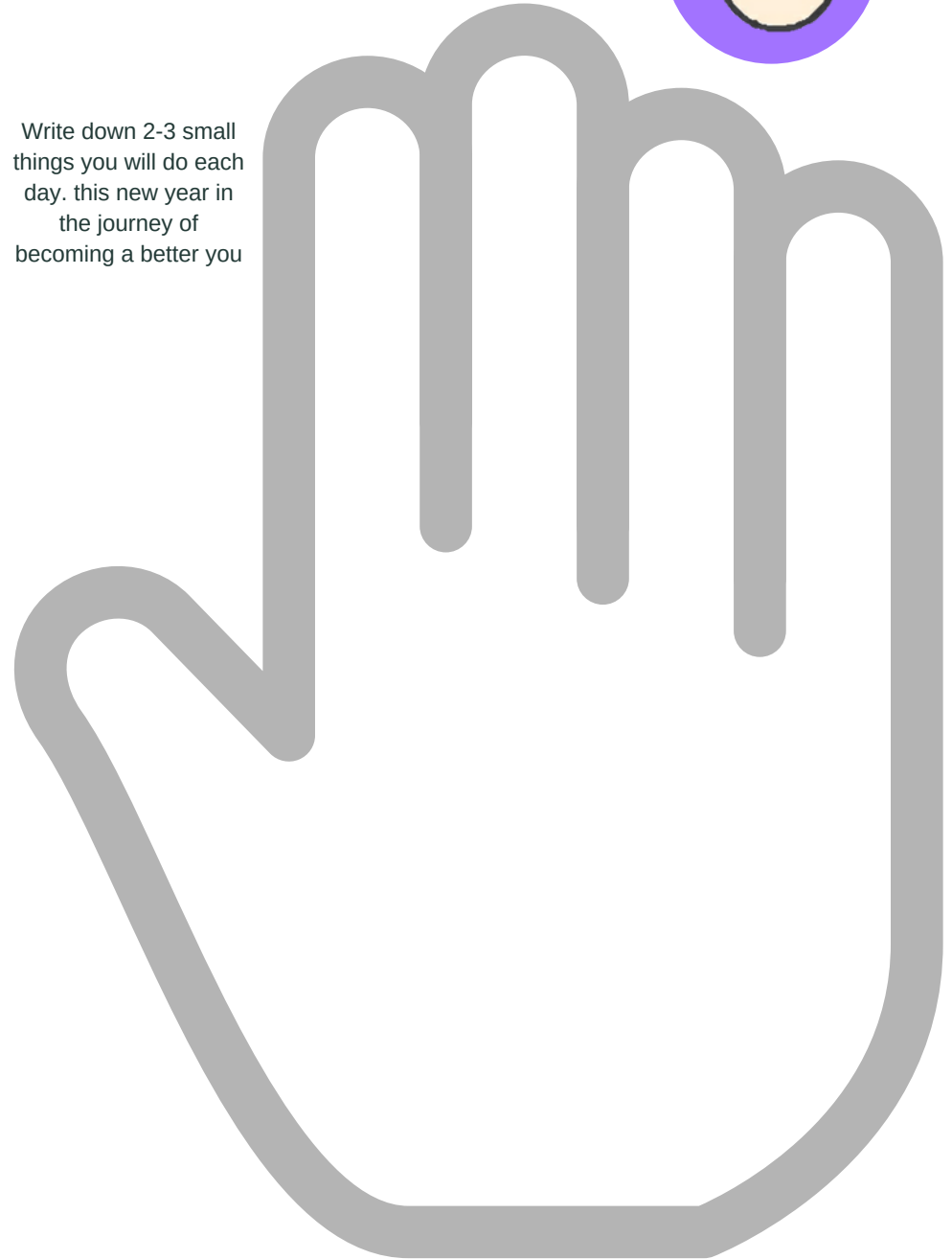
The Thumb

Patrizio calls the thumb, "the entrance door to the practice." The history of the, "thumbs up" comes from Ancient Rome's gladiator days where a thumbs-up signaled death. Through time the gesture has been inverted in most English-speaking and Latin and even Asian cultures as a sign of positivity.

"Thumbs up" means, it's okay, all is well, this moment is good, life is good, it is possible. Thumbs up gesturing connects us to ourselves, and each other.



Write down 2-3 small things you will do each day. this new year in the journey of becoming a better you



Friday

Let's put this all together. On the next page you will see a picture of a hand. You can use that for our final exercise or you can trace your own hand on a larger piece of paper.

Fill in for each finger the answers to the questions from this week.

Look at your drawing, and say, "the kingdom of God is at hand" I repent and believe in this good news and how it's transforming me.

Notes:

Other uses for the hand. This summer Deborah and I drew out a new hand each week for about 6 weeks. We found that this simple meditation tool is quite versatile. It can be used to focus on a single vision or on multiple qualities you want to integrate. You can stick with one version of the hand until you feel you have transformed, or you can create a new one each week, month, or quarter.

Also, the One Minute Meditation book by Patrizio Paoletti is available on Kindle. It is a very short read, but dives a bit deeper into the meaning of each finger and the corresponding exercises.

THE THUMB

This indicates that it's okay, you don't need anything else.

THE INDEX FINGER

This marks your direction, advising you to "look beyond" and "aim high."

THE MIDDLE FINGER

Identify your limiting beliefs about your needs and denounce them.

THE RING FINGER

This indicates the promise, the promise you make to yourself to resist and surrender.

THE PINKY

This indicates the small things to do, the small actions that we take to reach larger, important personal goals.

SUNDAY EVENING

Now after John was put in prison, Jesus came to Galilee, preaching the good news of the kingdom of God, and saying, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the good news."



Mark 1:14-15 (NKJV)

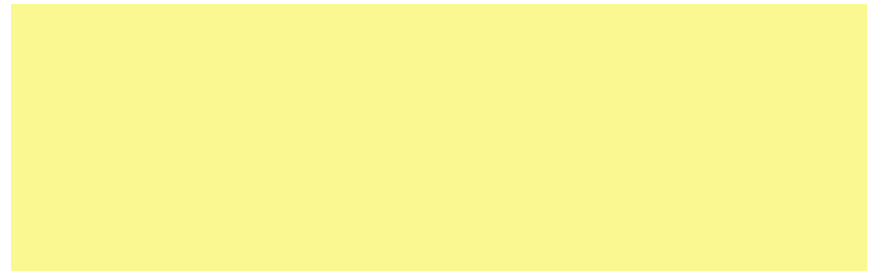
We will work with the Scripture all week long as we overlay it on 2022.

Lectio- read the above Scripture three times, each time allowing yourself to be pulled to the word or phrase that draws you. Imagine Jesus is preaching Good News to you, what is he saying?

Oratio- offer the word or phrase to God in repetition aloud. Express in prayer what comes to your heart about this word or phrase. Ask God questions, or simply ask God to guide you.

Meditatio- Now take a moment to meditate on the word/phrase as it relates to you: what is coming up? Is there resistance? Are there questions? Is there gratitude? Write down anything that comes to mind, without judging yourself.

Contemplatio- Listen. Set your timer for 5 minutes. Release trying to understand the mystery. Release your questions. Simply sit, and yearn for God; direct your will towards God. Let distractions pass as they surface and wait on God. God may speak, or just visit you with Presence, or accompany you in the silence. The exercise is beneficial not because of what you may get, but simply because you have turned toward God, simply because you acknowledge God with all your heart, mind, and strength.



TUESDAY

The Index or “pointer finger” is the *finger of direction*. We use it to direct attention toward something. Often, “look, look” followed by a chubby finger is a first gesture that toddlers learn. Even if we don’t know the language of the toddler, we know exactly what they mean when they start pointing and gesturing with the index finger.

In the One Minute Meditation practice (OMM) the index finger points to our vision. As Patrizio puts it, “[the index finger] gives yourself broader dimensions with larger horizons.” Envisioning is an important practice in transforming. Mark 1:15 says, “the time has come, he said, the kingdom of God is at hand.” Jesus enters Galilee offering a vision, the kingdom of God, that is within grasp.

Question:

What kind of person do I want to become in 2022? What do I want to transform?

Quest

Look at your index finger, and imagine whom you want to become in 2022. Often, New Year’s resolutions take on answers to questions of goals, achievements, habits, etc. However, in this New Year, we will ask, who do you want to be? Your mind may transfer the question into doing, however, try to focus your thoughts on the qualitative aspects of being. What kind of person do you want to be, or become through the next year. An easier way to get at this is to ask, “what are my values? What do I value?” Consider the aspects of God or Jesus that you admire, consider a Bible character that you connect with. What aspects of God’s nature do you want to more prominently emanate as part of the light you shine in the next year?

Close your eyes and envision you becoming that person. How does it make you feel? What do you see? How happy and joyful are you? Connect that vision with (1) your feelings, (2) the center of your will power, and (3) with your thoughts.

Integration

Tell someone today a beauty, virtue, or goodness that you see in them. As Jesus entered the city with good news, enter a conversational space with someone offering them a truer vision of who they are through a simple profession of good news about who they are. Then tell a close friend who you would like to become in the new year.



Write your agreement to surrender to your transformation and to resist living a need-driven life





If I told you must exchange your life for a finger, which finger would you choose to part with?

If you're like me, you may have answered with your pinky finger or ring finger. I mean consider the thumb or index finger, it seems we use those ALL THE TIME. However, after reviewing just a few articles, surgeons agree that the pinky finger is the keeper and that the index finger is the one to lose. Apparently, your brain quickly bypasses the loss of the pointer finger and uses the middle finger as its replacement for any task the pointer did. However, the pinky is vital to your grip strength. It seems that with the loss of your pinky or ring finger, your grip strength is totally gone too.

How perfectly paradoxical that the smallest finger is the tallest in importance to the function of your whole hand. The seemingly weakest finger is the one most vital to keeping a grip on your inner transformation. Consider doing a pull-up without your pinky finger, or pulling a heavy object towards you, or throwing a football, shooting a basketball without a pinky finger.

So how do we keep this grip on the New Year, on our true self, on our promise to resist and surrender? Of course, the answer is not one simple thing, but in terms of the pinky finger, Patrizio refers to it as the finger of "small actions." He says, "you must tend to the smaller things in your everyday life, [...] it is the small concrete actions that will change your life forever." For example, returning to your meditation corner each day, faithfully to connect God with your true self.

When Jesus says repent and believe (Mark 1:15), the word belief means to take a bold step in the direction of the vision. Faith always has some actionable movement to it. To believe is to move, to act, to respond.

Quest:

Consider your vision (who you want to become), and your values (the building blocks of who you are). Now focus on the question, what are a couple of small actions I can take to begin my journey? Sit in silence and let the considerations come to you. Don't worry about remembering everything. If distracting thoughts come, give them permission to move on and come back to your question.

Integration

When you are finished, write down 3-5 small actions that you will nurture, tend to and commit to in the New Year. Now, close your eyes and see yourself doing these actions today.



The meditation starts with a proclamation of Good News from God. This is a positive reflection on God, yourself, life. It begins by generating belief in the good news of God in the atmosphere, within you, and in everything. It believes that everything is possible with God, for the world, and for YOU. The thumb's up is a self-reminder that "I am ok, everything I need I have, right now, within me and within God. I need nothing."

Question:

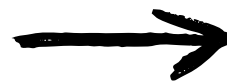
What am I thankful for today? What "good news" has God brought into my life?

Quest:

Look at your thumb, focus your heart and thoughts toward positivity, belief, and possibility. Repeat, "I am okay. Thank you, God! I am here! Thank you, Life. Everything I need for today and for preparing for 2022 is here, inside of me." Close your eyes and begin your meditation by generating a wordless gratitude from your heart and emotions to God. As your mental list expires, sit in the afterglow of gratitude.

Integration:

Give someone a friendly thumbs up today as a way of passing on your positivity to your community.



list your gratitudes in the hand.



WEDNESDAY

Well, today we arrive at the middle finger! HA! We all know what that means. I think you will find its use in the OMM practice empowering. The middle finger represents a break from limiting beliefs. With the middle finger up, we are emphatically saying goodbye and good riddance to our limiting beliefs. The power of meditation is to become aware of what they are. Limiting beliefs are silent subverters. Our negative inner narrator can be such a constant companion that our own consciousness stops recognizing his voice and simply assumes his slander as truth. Stepping away to hear what he says, allows us to recognize the lies and detach our true selves from them. In this way, the middle finger then represents detachment.

In Mark 1:15, we find this connection with detachment as a central spiritual discipline in the word "Repent." Repent (Gr. metanoia) held two meanings, (a) to return from exile, bondage back to promise and (b) to go beyond, in the sense of audaciously imagining life beyond our enslavements. We often associate repentance with contrition. While that is certainly part of a penitent process, stopping with contrition cheapens the power of repentance. Focusing on changing behavior alone, puts the onus of living righteously in the power of our determination, however, the full circle of repentance involves transforming, audaciously going beyond our current state. Repentance begins in humble contrition, continues in a denouncement of limiting beliefs and destructive inner dialogue and ultimately it completes itself in transformation, and for the latter we have God. Today we will focus on the first movement of repentance—detaching—by unhinging from our limiting beliefs and silencing the inner critic.

Quest:

Look at your middle finger. Connect with an attitude of "good riddance" Remind yourself of the vision you set forward for the New Year. Who did you say you want to become? Look at that person, see their expression in the world. How does that person show up at work, at home, in the marketplace, in private? Next close your eyes and proceed with the following movements:

1. Listen for the limiting beliefs. What lies do you hear that attempt to foil your becoming? What needs do you have that make you feel enslaved, that prevent access from your better self?
2. Detach from the limiting beliefs. No matter how attached they are to you, simply let them go. Say, "It's ok that I felt that way, believed those untruths, I accept that I have been a bit harsh on myself. Today I identify the beliefs, lies, attitudes and inner dialogue. I don't need them anymore."
3. Detach from your needs. It could be an annoying need for perfection, security, safety, recognition, productivity. The only way to let go of something is to focus on trusting God. So as you let go, let the needs go into the atmosphere of trust, trust that all is well, trust that you are provided for, supported, seen, considered and loved.

Integration

- Write down 3 things you like about yourself
- Ask for trust: Father, I am afraid to let go of my needs. In fact, I don't know how to begin. I want to replace my needs with trust in you. I want to feel the trust in my heart and reflect it in the way I live my life. Will you give me one thing I can do this week to respond in trust to you as it relates to detachment from my needs?



Write down in the hand the lies and limiting beliefs to the better vision of you.



Thursday

As trite as it sounds, I find it difficult to think of the ring finger without thinking of marriage, engagement or commitment. However, even the trite things can regain their dignity with renewed sincerity. As you might imagine, the ring finger in the OMM practice represents promise and surrender.

After Jesus casts the vision of the kingdom at hand, he guides listeners to repentance (go beyond their current self-constructed kingdoms) and do so by believing. "Repent and believe the good news." Essentially, Jesus is saying Resist the old kingdom and commit to the new vision. Patrizio says, "commit to one minute and meditate focusing on all the aspects of your transformation"

The ring finger, therefore, involves resisting and surrendering. Considering your "true self" can feel very abstract, so let's default back to the values you listed. With the ring finger, you are committing to live according to your values, not your needs. You entrust your needs to God and resist living down to your needs. You live up to your values by surrendering to the transformation that is happening inside of you. Consider Mother Theresa who lived according to the value of love and allowed God to meet all her needs. With the ring finger, you give yourself permission to change for the better, to lean into your higher self. This can only be done by both resisting and surrendering.

Quest:

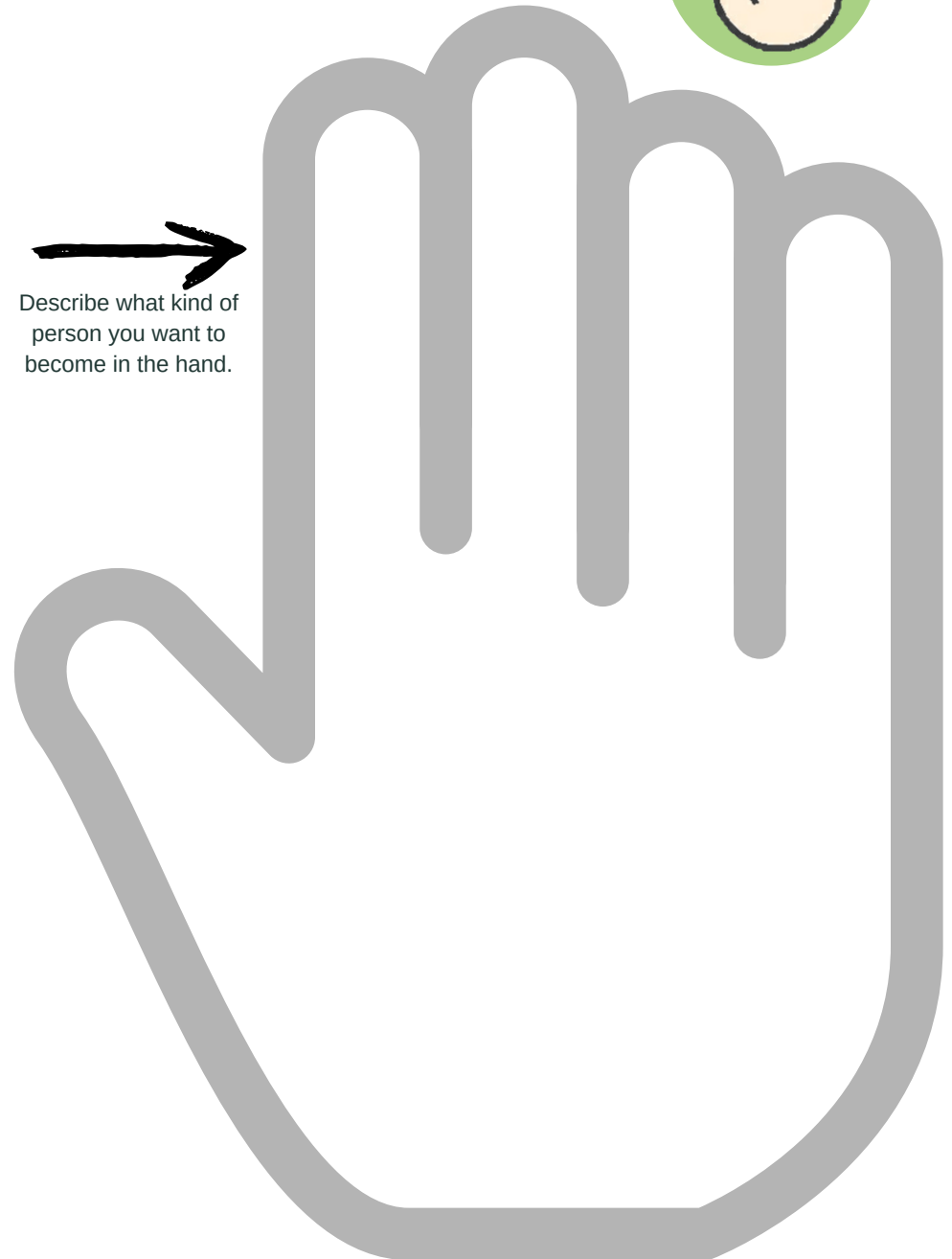
Look at your ring finger. Make an agreement with yourself: I love and accept myself today. I love and accept whom I am becoming. I give myself permission to let go of old oaths, old default behaviors, old ways of thinking, I give myself permission to transform

Connect with the energy of self-love. Focus on your commitment to the person you are becoming in 2022. Entrust your needs to God so you can be liberated to live into your values. Sit with this agreement, let the agreement grow in seriousness and sincerity. Slowly surrender to this new version of you. As you become, you will be surprised at how you change, that is why surrendering is important. **Now close your eyes** and sit with this for two minutes.

Integration:

Make a list of your values, the list can be as long as you want. Review the list. Which values are connecting with you the strongest? Often the first 3-4 things you write down are the ones to start with...

Next time you are faced with a decision based on a need, consciously decide to move forward based on your value instead. Then take a moment and journal about this very important moment.



Describe what kind of person you want to become in the hand.

- The abundance in my life & the universe around me.
- Being noticed in small ways by God
- Being blessed with a soulmate
- Living in California
- Living into minimalism
- The opportunity to give the 2nd half of my life to Jesus.

←
 Humble
 Gracious
 Merciful
 Industrious
 Calm/Peaceful

What makes me feel grateful?
 "I'm ok. I need nothing."



←
 "The time has passed me by, I am too old for significant changes! I am hard-wired to be average!"
 My ADD what beliefs are limiting will always hold me back!!

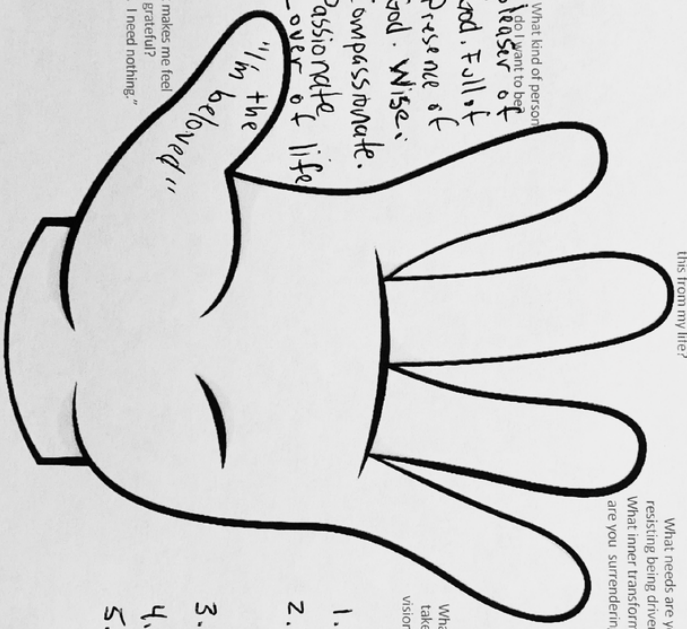
→
 Resist ego driven needs for greatness, credit, control, and distracting negative emotions
 Surrender to inner nudges toward forgiving, volunteering, serving, generosity, and mercy even when they don't make sense

What tiny actions will I take today toward the vision of my transformed self?

1. Treat others as more important than me
2. Fast 1 day per week (Monday)
3. Volunteer with WPG10
4. Help Jeff & the church in any way that is needed
5. Practice releasing negative energy throughout the day.
6. Incorporate an evening meditation into my weekday schedule

I want to be someone who hears God speak and obeys....

What kind of person do I want to be?
 "Pleaser of God. Full of Presence of God. Wise. Compassionate. Passionate. Lover of life"



What makes me feel grateful?
 "I'm ok. I need nothing."

←
 1. My divorce means I failed and my failure is indicative of my future. 2. I need to be successful to be meaningful to me

What beliefs are limiting this from my life?

What needs are you resisting being driven by?
 What inner transformation are you surrendering to?

→
 I resist the need to control the outcomes. I resist the need for recognition. I surrender God's timing, truth and transformation inside.

What tiny actions will I take today toward the vision of my transformed self?

1. meditate in God's presence 20min.
2. talk w/ Dominique (neighbor who is unhoused), about God.
3. Send \$100 to Nepal
4. Read Spp of Thomas Merton
5. Give cash in wallet to 1st person who asks