

Awaken to God's Presence | PRIDE Flag Colors | Guided Meditation

SUMMARY KEYWORDS

breathe, color, love, life, rhythm, breath, pride, 2SLGBTQIA+, Pride Flag, spirit, warmth, heart, peace

SPEAKERS

Robin Linkhart, Joelle Wight

Joelle Wight 00:00

A gift of peace in the midst of troubling times. Project Zion Podcast offers this series of guided practices to help you connect with the divine. No matter where you are, and what's going on around you. Take a deep breath and allow your Spirit to find calm in the storm of life.

Robin Linkhart 00:23

Hello, this is Robin Linkhart, Community of Christ minister and your companion for today's practice. Where I live, June is pride month. It is a month-long celebration to honor the 1969 Stonewall riots, create awareness, and work to achieve equal justice and opportunity for 2SLGBTQIA+ persons. My daughter didn't come out until after she graduated from college. We had a very close mother-daughter relationship filled with joy. When she came out to me, there was never a question of my love and acceptance. The shock I felt was that I didn't already know. How could I be so blind. The hurt ripping my heart in two was not fear. It was the sudden knowledge of the gut-wrenching pain she had silently born for so many years in solitude. Now we would travel the way together in a new way. Seeing one another in a different light, facing an unknown future, holding on to hope, with love. The following June I marched in my first Pride Parade. Dressed in color from head to toe, I had a cast on one foot and both hands on a flagpole as I helped carry our Community of Christ banner through downtown Salt Lake City, just behind the bagpipers leading the Pride interfaith community through the streets. 30,000 people cheered us on. Today's guided meditation holds space for each color featured on the Progress Pride Flag. This flag was created in 2018 by Digital Designer Daniel Quasar. It was inspired by other Pride flags, the traditional Pride flag created in the 1970s featuring the six colors of the rainbow, the 2017 Philadelphia Pride flag which added brown and black and the Trans flag of white, pink and turquoise first flown in 2000. The Progress Pride Flag includes these new colors in a specific design meant to represent people of color, as well as people who are transgender, intersex or non-binary. The white, pink, turquoise, black and brown stripes create a triangular shape on the left side, and together form an arrow pointing toward the traditional six-color rainbow stacked next to them. This helps convey the separation in meaning, and shifts the focus to how important the issues the triangle represents are. The arrow of new colors vibrantly proclaims that progress is still needed. The Progress Flag pays homage to people who founded the movement, while simultaneously drawing attention to how people of color and trans people remain underserved and discriminated against compared to white cis-gender

people. The Progress Pride flag, like all Pride flags, serves as a symbol of the 2SLGBTQIA+ community. It is a visual reminder of the struggles and oppression that people in the community have faced and continue to face. It is also a sign of hope. Now we will move into our guided meditation. Wherever you are right now, pause. Find a comfy place to sit. Settle in and let your shoulders relax. Close your eyes and simply breathe. Listen to the rhythm of your breath.

Imagine in your mind's eye the Progress Pride Flag. Hold the colors gently in your awareness.

Allow them to float in your consciousness as you listen to the rhythm of your breath.

One by one, I will name each color, holding space to reflect on its meaning. Listen to your breath coming in and out.

Simply rest in the stillness of this space and time.

Purple-violet. This deep, rich color represents Spirit. Listen to the rhythm of your breath. Breathe in Spirit. Breathe out peace. Allow each breath to ease you into calm. The calm quiet space of your inner being. Touch the essence of your inner self, the Spirit of your soul and simply be.

Breathe in Spirit. Breathe out peace.

And now purple fades into blue, indigo blue. The color of the sea represents serenity. Listen to the rhythm of the waves and breathe.

Allow blue to wash over your body with each breath that flows soothing your soul. Listen to the rhythm of the waves.

Embrace this moment of peace.

Breathe in serenity. Release.

Blue becomes aqua, then turquoise. Turquoise symbolizes magic, transformation, change, metamorphosis. Listen to the rhythm of your breath. How has transformation touched your life?

Breathe in awareness. Breathe out peace.

What butterfly is taking shape inside of you?

Listen to the rhythm of change.

Breathe and visualize turquoise magically taking on grassy shades of green. Green represents nature and all the ways our natural world exudes growth. Listen to the rhythm of your breath.

Budding, blossoming, becoming your true self.

Imagine nature's warm embrace. Feel the caress of soft petals and sun-kissed leaves.

Listen to the breeze. All creation celebrates the authentic you.

Breathe in becoming. Breathe out peace.

Green begins to fade, and now is yellow. Yellow is sunshine, the bright radiant center of the Pride flag. Much like our sun, yellow stimulates new ideas and thoughts. Listen to the rhythm of your breath.

Feel or imagine the sun warming your body.

What new thought is emerging in your life this week?

How is it generating warmth in your Spirit?

Breathe in sunshine. Breathe out warmth.

Yellow glows amber then orange. Orange represents healing. Orange fosters balance and restored health of body, mind, and Spirit. Orange also engenders playfulness, fun, and liberates creativity. Breathe in the possibilities of fun and frolicking.

Imagine playfulness and healing.

Listen to the rhythm of your breath.

What part of you longs for orange's healing?

Breathe in balance, then release. Orange warms dark and turns to red. Red symbolizes life. Red, the color of the blood that courses through the veins of every human being. Breathe in, breathe out.

Gently place your hand on your chest. Feel the beating of your heart.

Pumping blood, carrying oxygen, sustaining life.

Become aware of breathing in. Imagine that new air inside you now transferred and carried by life giving red.

What is red whispering to you about life?

Listen to the rhythm of your breath.

Red begins to fade and now it is pink. Pink symbolizes sexuality. Gently rest in the awareness of this dimension of your being.

Sacred sexuality to have and express without shame. Pink whispers self-acceptance.

With each breath in, celebrate and cherish all the dimensions of your authentic self.

Cherish self. Let go of shame.

Listen to the rhythm of your breath.

What is the sacred whispering to your heart?

Pink warms like toast until it becomes brown. Brown symbolizes inclusivity, earth, and wisdom, the fertile soil of Mother Earth. Brown. Listen to the rhythm of your breath.

How is God planting seeds of wisdom's healing in the soil of your life?

How is the wisdom drawing you into a deep sense of belonging?

Imagine holding Earth's brown color in your hand. Listen to the rhythm of your breath.

How is wisdom calling us to live lives of welcome and inclusion?

Breathe in peace. Breathe out love.

Brown darkens and becomes black. Black represents diversity, mystery and strength. Black symbolizes both highs and lows. Black speaks boldly to resilience and diversity. Embracing all the other colors holding strong diversity of the whole. Listen to the rhythm of your breath.

Consider the highs and lows of your life, breathing in and breathing out.

Feel the inner strength in the mystery of your being.

Breathe in resilience. Breathe out strength.

How does your soul long to celebrate diversity?

Black begins to sparkle with tiny stars until the whole is white. White. Pure light. The intersectionality of all colors. Listen to the rhythm of your breath.

Allow the pure light of Holy Spirit to fill your being. A warm feeling like water flows through your body, generating a renewed sense of life.

The water becomes a mist around and above you.

Then a gentle rain is lightly sprinkling, bathing your skin.

The rain stops the sun shines through, bouncing through the fine water steam until pure white light, the intersectionality of all colors bursts into a vibrant display of the true splendor of love. A rainbow. God's promise. Ever true. Ever with you, God's beloved. Listen to the rhythm of your breath.

Breathe in love. Breathe out peace.

Join me now in this prayer written by Jordan Sullivan, a trans man and a conversion therapy survivor. United Church of Canada, use granted under the creative, common license. Let us pray.

Oh love that will not let us go. Our hearts are filling and overflowing with joy, deep love, and gratitude. We are thankful for the gifts of all affirming ministries and communities of faith, who open their churches, their homes and their hearts, to Two Spirits and LGBTQ+ people, and all their intersecting identities, for music, friendship, and for family. We are thankful for the love that will not let us go. We are thankful for Pride marches and Pride Month. For all those who publicly, intentionally, and explicitly affirm that 2SLGBTQ+ people are children of God. We are thankful most of all, for the blessing of a love that is and always has been there for us. The truth at the heart of our faith, that you are love, echoes today in words and in music, in friendships and family, in our hearts and minds, and continues to challenge us to love. We pray for our hearts and minds to open to our own homophobia, transphobia and bi-phobia. To be open to our own racism, sexism, ableism, and sizeism, and all the ways we fear those who are different from us. We pray to learn how to recognize the kinship between our souls and the souls of those who to us are strangers. We pray that we will never cease in our journey to learn how to love more radically. We pray in the name of the love that flips tables and cracks whips, the love that heals those judged by religious leaders and powers. The love who lives and loves among the marginalized and outcast in the name of Jesus, the Peaceful One, Amen.