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THE OMEGA OFFICES



OFFICES OF THE OMEGA ORDER
AS USED IN THE MICHAEL CHAPEL
AT KENT HOUSE
AND
AT OTHER OMEGA CENTRES

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INTRODUCTION

An 'Office' is a framework for prayer and meditation. The Omega Offices are intended to provide minimum structures within which individuals and groups may learn to practise and use silence.

Silence is the seedbed which gives birth to stillness and it is from stillness that true perception proceeds.

These Offices have a special relationship to the Archangel Michael who is seen in the New Testament to herald the work of Christ (Revelation Chapter 12). The Michael Consciousness as it is sometimes called is an expectation and preparedness in the hearts of men to receive the Light, Love and Power which streams from the Christ of whom it is promised 'He will come again in glory'.

The Omega Offices are directed towards the awakening and development of an awareness which is both personal and cosmic, for they relate our perception to the second coming of Christ which is the unveiling of the very Being of the Universe.

A NOTE ON MEDITATION

The form of meditation used is contemplative, i.e. a disciplined awareness from the heart.

The heart is both the source of love and detachment, for the love which is known by and which proceeds from the heart is agape or Divine Love. It knows no wanting but only giving.

Such love is not easily acquired. A disciplined creation of space for growth is necessary. But when there is the will and intention to do this then the process of giving and receiving begins immediately.

The effecting of the discipline necessary may be powerfully aided by the concept of Light; for 'the Light of the World Is Christ'. The visualisation of Light within the heart from which the radiations pour forth strengthens the will, quickens the imagination and effects the intention.

A NOTE ON THE USE OF SILENCE

Three distinct periods for the progressive cultivation of 'stillness' are provided — 'pause', 'period of silence', and 'silent meditation'.

Unless otherwise stated the pause is approximately six seconds, the period of silence one minute, and the silent meditation three minutes. The latter may be extended when a particular group has sufficiently grown together, but to extend these periods indefinitely is to break up the rhythm of the office.

The capacity to experience and use extended silence will result from the use of the office. It should not be confused with the office itself.

MORNING OFFICE

GONG

From the Unreal lead me to the Real; from Darkness lead me to the Light; from Death lead me to Immortality. (a)

(pause)

Ye hosts angelic
by the high archangels led,
with heavenly power beneficent,
mighty in the music of the Word:
Great ones entrusted with the sovereignty
of infinite celestial spheres
marshalling the Cherubin
and the flaming Seraphim;
Ye, O Michael Prince of Heaven,
and Gabriel by whom the word is given,
Raphael with healing ministry
(to those who yet in bondage are),
Guide our footsteps as we journey
onward into Paradise. (b)

(pause)

Let us be mindful of the world of which we are part and of Christ's light, love and power struggling to come to birth within the hearts of men and of all creation.

(pause)

For I reckon that the sufferings we now endure bear no comparison with the splendour, as yet unrevealed, which is in store for us. For the created universe waits with eager expectation for God's sons to be revealed. (c)

(Lighting of the candles and period of silence)

GONG

Let us now by an act of the will place ourselves in the presence of our Divine Lord, and pray that He may empty us of self and all desire save that His will may be done and that it may illuminate our hearts and minds. We so gather together all those for whom our prayers are desired and hold them silently before Him, neither asking nor beseeching, just resting with them in Him. (d)

(Silent Meditation)

Here there may be a special commemoration of particular needs.

Almighty God: we pray Thee grant us Thy grace and send Thy strong servant Blessed Michael Archangel with spiritual sword of light to purify and defend us, through Christ our Lord. Amen (e)

(A short reading)

(The Prayer of St. Francis. All join in)

Lord, make me an instrument of Your Peace!

Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy

O Divine Master, grant that I may not so much seek to be consoled, as to console;
to be understood, as to understand;
to be loved, as to love.

For it is in giving that we are pardoned;
It is in dying that we are born to eternal life (f)

(pause)

Beloved, now we are the sons of God; it does not yet appear what we shall be, but we know that when He shall be manifested 'we shall be like Him for we shall see Him as he is.' (g)

(All say) Thanks be to God.

GONG

REFERENCES AND ACKNOWLEDGMENTS

- (a) The Upanishads
- (b) Prayer of St. Martial, A.D. 290
- (c) Epistle to the Romans, Ch. 8
- (d) Dorothy Kerin's "Little way of Prayer"
- (e) Origin Unknown
- (f) The Prayer of St. Francis of Assisi
- (g) First Epistle of St. John, Ch. 3.

MID DAY OFFICE

Leader: 'The Lord Reigns'

Response: 'Let the Heavens be glad and let the earth rejoice'.

(Lighting of candle followed by period of silence)

A short reading

The Invocation for the day followed by silent Meditation.

(Here may be a special commemoration)

'O God of unchangeable power and eternal Light look favourably on Thy whole creation that wonderful and sacred mystery and by the continual operation of Thy perpetual providence carry out the work of man's true healing, and let the whole world feel and see that things which were cast down are being raised up, and things which had grown old are being made new and all things are returning to perfection through Christ from whom they took their origin, to whom be all honour and glory. Amen!'

INVOCATIONS FOR DIFFERENT DAYS

1. SCIENCE:

Upon Scientists and all those whose energies and talents are with humility directed to discovering the secrets of the universe let us invoke the blessings of the Lord of Creation.

2. MEDICINE:

Upon all who work for the relief of suffering, and who exercise a ministry of healing let us invoke the blessings of the Healer of the Nations.

3. THE ARTS:

Upon Artists, Musicians and upon all whose gift and creative skills serve to restore and promote the harmony of creation let us invoke the Divine Spirit.

4. SOCIAL CONCERN:

Upon all who work for justice, renewal of society and for true freedom for all mankind let us invoke the blessings of Almighty God.

5. POLITICS:

Upon those who strive through dialogue and right action, without fear or favour to further human welfare and the good of the nations let us invoke the Divine blessing.

6. AGRICULTURE:

Upon those who labour with reverence and skill to produce and preserve the fruits of the earth, let us invoke the blessings of the Creator.

EVENING MEDITATION

Leader: We dedicate our meditation to the Unity of the One in whom all things live and move and have their being.

Fifteen minutes silent Meditation

(Fundamental to all Omega meditation practices is centering in the heart. A basic exercise is given below)

The meditation is concluded with the Omega Invocation as follows:

May the Light that shows the Way illuminate the mind,
May the Love that knows the Truth unfold within the heart,
May the Power that gives true Life arise within the soul,
Let Light and Love and Power raise all in Christ to God.

BASIC MEDITATIONAL EXERCISE

Intention

The intention is to discover and relate to the still centre within, that is the heart. It may therefore be described as Christ-centred. These exercises may be used by individuals or groups.

Steps to Take The Body

The first step concerns the physical body. Our aim is to find a position which combines relaxation and alertness. For most people this means sitting in a straight-backed chair. The head should be held erect, the hands clasped loosely in the lap or placed palms flat against the thighs, and the feet against the floor or tucked beneath the chair. This position will be modified according to individual needs. What is important is that as far as possible the position of the body should express the intention of the meditator. The physical form so becomes an outward sign of an inner state of being that is of relaxed alertness.

The Breath

The body is now in position and we are ready to follow a process of relaxation. It is helpful to relate this to breathing. This is done systematically. Begin with the head and on the

outbreath relax the scalp and facial muscles. Do the same with the shoulders, arms, waist, thighs, legs and feet. Finally breathe out several times as though through all the pores of the body, consciously relaxing the whole physical frame. If you become aware of the tightening up of any muscles, return to that part and again consciously relax. Take this slowly.

Observation With the mind's eye now observe your body – relax yet alert. Reverence your body, that is, accept it as a unique God-given vehicle of the real you.

The Emotions Allow yourself to become aware of your emotions. They too constitute a body. Unlike the physical body it is not confined in one limited space. It is immensely 'busy' in many areas. Allow yourself to become aware of any areas of emotional tension. Do not try to deal with or repress them. Recognize them; observe, acknowledge and let them go. As with the physical body, the process of stepping back from emotional tension may be related to the breathing, so on each outbreath let go of the pressures and the tensions.

The Intellect The uncontrolled activity of the intellect blocks off true awareness. As with the emotions, so with the intellect, we need to distance ourselves, to step back from the incessant chatter of the brain. To 'try' to do this can be self-defeating. Allow the mind gradually to quieten down. Gently allow it to relate to one thing. So gradually bring the attention to the centre of the chest and allow it to focus there.

The Still Centre We are now identifying the heart of our being. This is the still centre, the place of 'perfect clear perception'.

Refocusing If and when the attention wanders, as you become aware of this, so gently return to the

focal point and centre again. Remember it is the 'intention' that matters. Each return to the centre reinforces this.

Visualization The concept of light is basic. This Light has the qualities both of peace and love. It is that described in the New Testament as the Light of the World.

Two points to remember

1. The Light is always present within the heart.
2. Centred in this Light, you are always in complete control.

NIGHT OFFICE

GONG

Leader: At eventide there shall be Light

(Lighting of the Omega Candles)

Blessed art Thou O Lord our God, King of the Universe, who at Thy word bringest on the evening twilight. Thou createst day and night; Thou rollest away the light before the darkness, and the darkness before the light; Thou makest the day to pass, and the night to approach, and dividest the day from the night.

... Blessed art Thou, O Lord, who bringest on the evening twilight.

(pause)

The Daylight has ended

Night is upon us

Yet unto Thee sustainer of all things

Darkness and Light, all times and all seasons

Each are as one O Lord of Creation.

(pause)

At this evening hour
May the understanding of all our hearts
Be opened to that Light
Which enlightens everyone
Who comes into the world.
For this is the Light which gives us true knowledge
of the Name over all by which God is known.

Reading: 'GOD IS LOVE. He who dwells in love dwells in
God and God in him. Let us love one another for
love is of God, and everyone who loves is born of
God and knows God. He who does not love knows
not God for God is love'.

Leader: In knowledge of this Love let us together in full
assurance of faith radiate from our hearts to all
creation love, joy and peace.

*(This channelling of the Divine Love involves first
of all the will. This may be helped by visualising
love, joy and peace as a streaming forth of Light.)*

Silent Meditation

*(Here mention may be made of any special
concerns.)*

Leader: Be present O merciful God and protect us through
the silent hours of this night so that we who are
fatigued by the changes and chances of this fleeting
world may repose upon thy eternal changelessness
through Christ our Lord.

Guard us O Lord sleeping and guide us waking that
asleep we may rest in peace and awake we may watch
with Christ.

(pause)

Leader: At eventide there shall be Light.

Blessing: 'Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the Son of Peace to you.
Maranatha'

AN ORDER FOR HEALING AND MEDITATION

(Suitable for use by Groups)

(If possible those taking part should sit in a circle)

Leader: "And the leaves of the trees were for the healing of
the nations".

(pause)

"No man is an island" and to receive healing as an
individual is to enter into a responsibility for the
healing of society and for the planet which
gives us life.

The Divine plan for mankind and for all creation is
harmony. Wherever individuals and groups con-
sciously align themselves with this plan true healing
is experienced. Such healing may manifest on the
physical, mental or emotional levels. It results in
wholeness of living. This may be described as the
experience of being "in Christ".

"For if any man be in Christ he is becoming part of a
new creation".

(pause)

In a series of simple steps let us then align ourselves
as individuals and as a group with the Divine
healing activity. We begin with a corporate affirma-
tion of our will be become one with this Divine plan
and purpose.

All say together

"To the One from whom all life proceeds, who
creates and sustains through love, to Whom in Christ
all things are returning, to His service we offer
ourselves".

(pause)

In order that we may become recipients of Christ's
Light, Love and Power let us now relax our bodies
which are intended to be temples of Holy Spirit. Let
us detach from the pressure of our emotions and
from the chatter of our intellects. *(This may be done
in silence or with help from the leader.)*

Silent Meditation

Leader: "As those who have received it is our responsibility to give and to share. We therefore offer ourselves as channels of the healing Light to all in need.

Names will have been placed before upon the altar. They may now be the focus of meditation.)

Silent Meditation

The Leader sounds or says the Amen.

Leader: "Those who are to receive the laying on of hands for healing should be clear in their minds as to what it is they are seeking and should be prepared to offer themselves to serve one another, contemporary society and the life of the planet".

(Those wishing to receive healing now move into the appropriate chairs. Those appointed beforehand to share in the laying on of hands will stand one behind each chair and with the Leader will assist in the laying on of hands. The Leader moves to each one in turn to give the laying on of hands.)

The following formula may be used:

"May the healing power of Christ, the One who fills all things and who is now appearing in Glory enter into your mind, enter into your soul, enter into your body, and may you abound in charity to all men".

All return to their chairs.

A short reading

(pause)

Leader: "Go forth into the world in peace. Be of good courage. Hold fast that which is good. Support the weak. Help the afflicted. Honour all men. Love and serve the Lord".

THE AGAPÉ

*A coming Together, a renewal of Unity
and a dedication to Service for
the 'People of the Way'*

THE COMING TOGETHER

Leader: Agapé or Divine love is the sign of the Christ centred man or woman. 'By this' said Jesus 'shall all men know that you are my disciples'.

(pause)

I welcome you all in the name of the Lord.

A short introduction followed by Meditation

THE RENEWAL OF UNITY

Leader: Bread is the source of life. By it the body lives. As a sign that we share one life let us eat of this bread together.

'Blessed are You, Lord our God, King of the Universe who brings forth food out of the earth.'

The Leader then breaks the bread and the plate is passed around the circle. Each one takes from the Loaf and eats, then passing the plate says 'I share with you in the common life'. The plate is returned to the table and the Leader begins the Lord's Prayer.

(Period of Silence)

THE DEDICATION TO SERVICE

Leader: Let us call to mind the Divine plan and purpose for all mankind and offer ourselves to serve God in one another and in all creation.

The Leader may commemorate particular needs followed by a period of silence.

Reading of a passage from the Scriptures.

All stand, join hands and say the Invocation.

A COMMUNION PRAYER

We lift up our hearts
We lift them far above all heavens
Above all levels of being and creation
And with ourselves we bring creation.

For the heart may comprehend
all worlds
angelic orders
and all kingdoms
the beginning and the end, the first and last
the Alpha, the Omega
the I AM, the CHRIST.

This is our responsibility and our privilege in union with
the patriarchs
the prophets
and the Masters of Wisdom of all the ages
to comprehend 'the truth as it is in Jesus' and in time and space
to offer ourselves a living sacrifice 'which is our reasonable
service'.

And here we offer bread and wine
the fruits of creation
and the work of men's hands

Representing for us both the Divine power and presence in all
creation.

Now calling to mind the action and words of the Master
Jesus who took into His hands bread and wine and
offering them up said of the bread 'THIS IS MY BODY'
and of the wine 'THIS IS MY BLOOD'
'This do as my memorial'

So we do this, uniting with the Christ, the I AM, the Way,
the Truth and the Life, who was, who is, and who is to
come

And with uplifted hearts we look for the coming of His
Kingdom in POWER AND IN GREAT GLORY
AMEN.

This prayer has no authority other than that inherent within it.
It contains the "essentials" of a Communion Consecration
Prayer i.e. the words of Jesus at the Last Supper. Its wording
sets the eucharistic action into a universal context.

THE OMEGA ORDER

The OMEGA ORDER was founded in 1980. It exists to foster
the New Consciousness in Religion, Science, Medicine and
the Arts.

IN RELIGION: this is seen as the change from devotionism
to interior awareness as evidenced by the
widespread desire for training in the practice
of Meditation.

IN SCIENCE: the new realisation that there is a connection
at a profound level between the creative
consciousness of man and the nature of
material reality.

IN MEDICINE: the search for an holistic approach which
takes into account not only the physical but
also the emotional and spiritual dimensions
of sickness and health.

IN THE ARTS: the recognition that to be intuitively in
touch with the Universe is the source of all
creative energy.

The Aims of the Order are as follows:

1. To follow those spiritual disciplines which awaken the
heart to the truth 'as it is in Jesus'.
2. To reverence Christ under all forms to the exclusion of
none.
3. To encourage the Christ consciousness wherever it is found.
4. To work for cooperation with the evolving life of the
planet.

The Order has no doctrines of its own but seeks through the
disciplines of contemplative prayer and meditation to
penetrate the essence of all doctrines.