Meditation and Grace

Session Four

Gordon Peerman

Setting Up the Meditation

Inhabiting the Body … resting down in the body …
resting back in the breath

Noticing Alignment … Relaxation … Resilience

We’re making contact with what is already here

Falling into Grace
Chapters Five, Six, and Seven

Allowing your suffering to speak: telling the story

Experience it wordlessly

Having a complete experience

Thawing out from mental and emotional numbness

Moving Beyond Suffering

"The you who has no difficulty, even when you're having difficulty." (118)

"This vast expanse where you awaken out of the belief and experience of separation" (119)

Inner Stability

Welcoming all experience into your awareness

“What is the effect of our constant judgment and evaluation of what was and what is?” (125)

Where is the evaluator, the judge?

After you look and see that you can’t find the evaluator, see what remains.

The Magical Quality of Life

"If we can let go of the way we think it should be, then life begins to reveal its magical quality. Essentially, we fall into grace…. When we open to life in this way, we begin to find an inner stability simply because we're no longer at odds with our experience." (126-7)

A Constant State of Meditation

"The most essential aspect of meditation … is a relinquishing of control." (130)

"Meditation … gives you a clear opportunity to watch what happens internally when you stop judging your experience." (130)

Beyond Controlling, Demanding, Arguing

“This new way of looking at things has always been there, but we weren’t ever quite able to access it. This newfound perception is grace….”

(135)

Stillness

"If you're very very quiet, and you open your senses all at once, you just might be taken. You might be taken by a moment of grace…." (137)

Taking a break from the thought factory, neither inhibiting nor indulging thoughts

“Intimacy with the 10,000 things”

Relative, practical, conceptual knowing vs. intuitive knowing from “the View”

With this shift, when Awareness becomes aware of itself, everything reveals its true nature as sacred.

Being Intimate with Fear

Behind the wall of fear: limiting beliefs

“what really wants to be said from a very unprotected place” (157-160)

“The Posture of Meditation”

Retreat at St. Mary’s Sewanee

May 6-8, 2022

https://www.stmaryssewanee.org/events/mindfulness-on-the-mountain-4/

Dedication of Merit

May our explorations today be for our welfare

… and for the welfare of all beings.