Meditation and Devotion: Inhabiting the Divine

Session Four
Meditation and Mantra

Mantra: guard of the heart

“Much of what the Bible demands can be comprised in one word: Remember.” - Abraham Joshua Heschel

The Way of a Pilgrim: the Jesus prayer.

“Praying without ceasing”

“Lord Jesus Christ, son of God, have mercy on me”
The Image and Likeness of the Divine

“Elohai neshima
shenatata bi
T’hora hi”

“The soul that You, my God, have given me is pure.”
Camille Helminski: Ninety-Nine Names of the Beloved

La ilaha illallah

“There is no God, only the unified oneness we call Allah.”

Ya Rhaman / Ya Rahim

endless love / loving mercy
Physicians of the Heart:
A Sufi View of the Ninety-Nine Names of Allah

Ya Aziz / Ya Jabbar (divine strength / healing strength)

Ya Ghaffar / Ya Ghafur (inexhaustible forgiveness / limitless forgiveness)

Ya Hakam / Ya Hakim (discerning wisdom / healing wisdom

Ya Kabir: incomparable vastness

Ya Hafiz: protection from fear, despair, hopelessness
Ave Maria

Ave Maria, gratia plena

Ave Maria, dominus tecum

“Hail Mary, full of grace ... the Lord is with you.”

Fiat: “Let it be unto me.”
Chenrezig: the Bodhisattva of Compassion

Om mani padme hung

“The jewel is in the lotus”

“We have within us the seed of purity, the essence of a One Gone Thus (Tathagatagarbha), that is to be transformed and fully developed into Buddhahood.”

—H.H. the Dalai Lama
Tara, the Mother of all Buddhas

*Om Tare ... Tuttare ... Ture ... Soha*

“OM! O Tara! I entreat you, O Tara! O swift one!
Hail!”

“I prostrate to Tara the liberator, mother of all the victorious ones.”
Durga: om dum durgayai namaha

Lakshmi: om shrim haha laksmyai namaha

Saraswati: om aim hrim sarswatyai namaha
Embodying the Divine

Remembering who you are ... and everyone else! ... a local manifestation of the divine.

“God is an infinite circle whose center is everywhere and whose circumference is nowhere.” — Nicholas of Cusa, German philosopher, theologian, jurist, and astronomer 1401 - 1464
Dedicating the Merit of Our Practice

Merit = positive energy, blessing

“May all beings be safe from internal and external harm ... may they have calm, clear minds, and peaceful loving hearts ... may they be physically strong, healthy, and vital ... and may they know love, joy, wonder, and wisdom, in this life, just as it is.”
St. Mary’s Sewanee

Mindfulness on the Mountain

Dec 2-4, 2022

“Leading Into Emptiness”