Meditation and Devotion: Inhabiting the Divine

Session Six
The Posture of Meditation

Aligning

Relaxing

Spaciousness

Opening the Heart

The womb of devotion is secure attachment
“I look at the icon ... and the icon looks at me.”

Henri J.M. Nouwen:

_Behold the Beauty of the Lord: Praying with Icons_

Beauty as a portal into the Divine
Contemplating the icon, theologian Henri Nouwen, remarked that the Virgin's eyes glance at neither the child or the viewer but appear to "look inward and outward at once"; that her free hand gestures towards the baby to "open a space for us to approach Jesus without fear"; and, that the child is shown as "a wise man dressed in adult clothes."
The Trinity
1411
Andrei Rublev
Richard Rohr and Cynthia Bourgeault

Rohr, *The Universal Christ*

G.K. Chesterton: “Your religion is not the church you belong to, but the cosmos you live inside of.”

Bourgeault, *The Wisdom Jesus*
Jesus Christ

1262-1263

St Mary Perivleptos Church
The Harrowing of Hell

1408
The Annunciation

1408

Workshop of Andrei Rublev
“Be it unto me according to your word.” Luke 1:38

Devotion is Emptying ... Opening ... what the New Testament calls Kenosis

Our practice takes us from narrowness to spaciousness ...

Letting it be ...  
Letting it go ...  
into the Vast Expanse of Benevolence
“Awakening: The Deep Heart”

https://vimeo.com/761221367/b24646af02

Something so vast ... and not fear-based

Seeing with the eyes of the heart
A Musical Icon: Matt Rollings Mosaic

Alison Krauss and Vince Gill: “Stay”

https://www.youtube.com/watch?v=YPzsTGKxxHc

photography by Michael Wilson
Elohai Neshama

https://www.youtube.com/watch?v=Kxi8Ciscf04

Chloe Pourmorady Ensemble
Dedication of Merit

Whatever goodness, whatever benefit, whatever blessing, whatever merit has come from our practice, may it ripple out, may it radiate out for the benefit of all beings, without exception.