

Meditating with the Living Buddha and the Living Christ



Gordon Peerman

Thich Nhat Hanh, 1926-2022

Living Buddha, Living Christ

two chapters per week

Going Home: Jesus and Buddha as Brothers

Who is the Buddha? ...Who is the Christ? ...

pro nobis ... for us ... today?

What are you looking for?

When Jesus turned and saw them following, he said to them, “What are you looking for?” They said to him, “Rabbi” (which translated means Teacher), “where are you staying?” He said to them, come and see.” (John 1:38-39)

“Ehipassiko” is a word repeatedly used by the Buddha that means to “come and see for yourselves” the usefulness and effectiveness of his Dharma.

Who was Thich Nhat Hanh?

“A cross between a caterpillar and a bulldozer.” — James Forest, Fellowship of Reconciliation

“Nhat Hanh is my brother.” — Thomas Merton, O.C.S.O.

The Dalai Lama at Westminster Abbey

“I’m not very interested in beautiful cathedrals
... I’m interested in how you train your mind.”

*The Good Heart: A Buddhist Perspective on the
Teachings of Jesus*

The Gethsemani Encounter

*A Dialogue on the Spiritual Life by Buddhist and
Christian Monastics*

Edited by Donald W. Mitchell and James
Wiseman, O.S.B.

Thich Nhat Hanh, “Where am I when I die?”

“I have a disciple in Vietnam who wants to build a stupa for my ashes when I die. He and others want to put a plaque with the words, ‘Here lies my beloved teacher.’ I told them not to waste the temple land...I suggested that, if they still insist on building a stupa, they have the plaque say, I am not in here. But in case people don't get it, they could add a second plaque, I am not out there either. If still people don't understand, then you can write on the third and last plaque, I may be found in your way of breathing and walking.”

Breathing and Meditating

Breathing in, I know I am breathing in.

Breathing out, I know that I am breathing out.

In/Out ... Deep/Slow ... Calm/Ease ...

Smile/Release

Mindful Walking Meditation

Four postures: sitting, standing, walking, lying down

The sensations of slow walking ... leaving your mind and coming to your senses ... lifting the foot/swinging the leg/placing the foot.

Walking as if you're placing a kiss on the earth with each step.

“It is no use walking anywhere to preach unless our walking is our preaching.” — St. Francis of Assisi

Lost in thought ... self-preoccupied ... the Default Mode Network

The Great Bell Chant

<https://www.youtube.com/watch?v=F1ZwaEzMt>

Jw

“The universal dharma door is already open.”

“In the garden of my heart, the flowers of peace
bloom beautifully.”

Dedication of Merit

Whatever goodness, whatever blessing,
whatever benefit, whatever merit has come
from our being together, may it ripple out to
all beings, without exception.