

Meditating with
the Living Buddha
and the Living Christ



Session Two

Meditation: Four Somatic Markers

Aligning ... Grounding ... Spaciousness
...Heartfulness

The Sacred Heart ... a diamond in your heart

The Retinue of Masters, anyone with whom you
have affinity

Brother David Steindl-Rast, O.S.B.

“Acknowledge the differences, emphasize the similarities.” — Bede Griffiths, O.S.B.

“In midwinter, St. Francis is calling out to an almond tree, ‘Speak to me of God!’ and the almond tree breaks into bloom. It comes alive. There is no other way of witnessing to God but by aliveness.” (xiii)

Dialogue: The Key to Peace

“I have been engaged peace work for more than thirty years It is because of the practice of meditation — stopping, calming, looking deeply — that I have been able to nourish and protect the sources of my spiritual energy and continue this work.” (2-3)

Rescuing boat people in the South China Sea

Touching Jesus

“The moment I met Martin Luther King, Jr., I knew I was in the presence of a holy person. not just his good work, but his very being was a source of inspiration for me.... Through men and women like these, I feel I have been able to touch Jesus Christ and his tradition.” (5-6)

Who has touched you on your spiritual journey?

Real Communication

“On the altar of my hermitage in France are images of Buddha and Jesus, and every time I light incense, I touch both of them as my spiritual ancestors.” (6-7)

Who are your spiritual ancestors?

“Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves.” (10)

The American G.I. who had lost his peace (in *The Path of Emancipation*, 103-104)

Interbeing

“Be still and know that I am God.” (Psalm 46:10)

Samatha (stopping, calming, concentrating)

Vipassana (looking deeply) *la vision profonde*

What is interbeing? (10-12)

Mindfulness and the Holy Spirit: Praying without Ceasing

“The Holy Spirit is the energy sent by God.”

Classically, the Holy Spirit is the Love between the Father and the Son,
between Source and Manifestation.

“Love is the connective tissue of the universe.” — Kabir Helminski

“To me, mindfulness is very much like the Holy Spirit. Both are agents
of healing.” (13-15)

Present Moment, Only Moment

“Go back and close the door mindfully.”

Practicing the presence of God ... the present moment is a sacrament from God —

Jean Pierre de Caussade, 18th c. French Jesuit

“Conscious breathing is the most basic Buddhist practice for touching peace.” (16)

Eastern Orthodox *Hesychasm*:

Hesychasm is a contemplative monastic tradition in the Eastern Orthodox Church in which stillness is sought through uninterrupted Jesus prayer.

I Am There For You

Presence ... *pre esse* ... to be before

The Real Presence

The Sacred

The Light That Reveals



“Discussing God is not the best use of our energy. If we touch the Holy Spirit, we touch God not as a concept, but as a living reality.” (21)

Our True Home

“Our true home is the present moment. The miracle is not to walk on water. The miracle is to walk on the green earth in the present moment.”(23)

“It is not a matter of faith. It is a matter of practice.”

(24)

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.