

Meditating with
the Living Buddha
and the Living Christ



Session Six

Sacred Breath, Sacred Heart

Aligning ... the thin, strong, thread at the crown of the head reaching
into the heavens

Settling ... grounding by sinking and softening into the support of your
seat

Spaciousness ... the space inside your body and the space outside your
body interpenetrate

Open-Heartedness ... breathing into and out from the heart center

JR's Suggestion ... Norman's Question

Participant Observations and Takeaways

I hope you can clarify the difference between the terms used in The Ground Of Experience section: "Whether the practice is psalmodia, lectio, oratio, contemplatio, or meditatio, the true presence of the Holy Spirit in one's being is the ground that makes this experience possible" (185-186)

Enlightenment Grows

“When the Holy Spirit [the energy of mindfulness] is present, Jesus is already here.” (136)

Do you think the enlightenment of the Buddha can grow?” (137)

“Awareness is the Buddha in person.” (137)

Nirvana Is Available Now

“Theologians spend a lot of time, ink, and breath talking about God. This is exactly what the Buddha did not want his disciples to do.” (139)

“This teaching is only a finger pointing at the moon.”
(142)

Touching the Living Buddha, the Living Christ

“When we see someone overflowing with love and understanding, someone who is keenly aware of what is going on, we know that they are very close to the Buddha and to Jesus Christ.” (145)

When you meet the Buddha, kill him!

Not clinging to concepts!! (148)

“To live by the Torah, the Jewish law, is to live the life of eternity within time.” — Abraham Joshua Heschel (149)

“In Zen Buddhist circles people are urged to experience and not talk a lot.” (149-150)

Apophatic/Kataphatic Theologies

“It is risky to talk about God.” (150)

“I believe it is safer to approach God through the Holy Spirit [mindfulness] than through the door of theology.” (151)

Happy Continuation Day

“The day of our ‘death’ is a day of our continuation in many other forms. If you know how to touch your ancestors in the ultimate dimension, they will always be there with you.”

If you look deeply into the palm of your hand, you will see that you are the continuation of your ancestors.

“To meditate, to live a life of prayer, is to live each moment of life deeply.” (153-4)

Cultivating the Mind and the Heart

Verified faith: you know it in the marrow of your
bones (162-163)

Interior Recollection: invoking the name of Jesus
(166-167)

A critique: Who is not unique?

Intolerance ... the dark side of religion

(168-169)

Faith as a love language (192-193)

How Not To Lose the Contemplative Life

“One day of mindfulness every week is essential. This goes well with the spirit of the Sabbath.” (176)

“The source of our energy is faith in our daily practice.”
(178)

“I like the expression, ‘resting in God.’” (181)

Dedication of Merit



Whatever goodness, whatever benefit,
whatever blessing, whatever merit has come
from our practice together, may it ripple out
for the welfare of all beings.