

# Meditation and Devotion: Inhabiting the Divine



Session Three

# Setting Up the Meditation

Establishing your posture

Setting your intention

Seeking assistance

Visualizing a Divine Figure/Sensing “Presence”

Visualizing and Merging

# Concentration

“Devotion is the doorway to Concentration.”

Let the Divine Figure do the meditation

The felt sense of the rising breath ... the felt sense of the falling breath ... the felt sense of the body in stillness

Remember: it's the Divine Figure who's doing the meditation. This is a shift in your basis of operation.

“Concentration is the platform for Awakening.”

# Kabir, 15th c. Indian mystic poet

*“Are you looking for me?  
I am in the next seat.  
My shoulder is against yours.  
you will not find me in the stupas,  
not in Indian shrine rooms,  
nor in synagogues,  
nor in cathedrals:  
not in masses,  
nor kirtans,  
not in legs winding around your own neck,  
nor in eating nothing but vegetables.  
When you really look for me,  
you will see me instantly —  
you will find me in the tiniest house of time.  
Kabir says: Student, tell me, what is God?  
He is the breath inside the breath.”*

# Now ... letting go of the breath ...

And opening your eyes wide ... turning attention to awareness itself ...

Looking into empty, knowing space of awareness ...

This space of awareness is timeless and changeless ...

This space of knowing awareness is limitless and boundless ...

This knowing awareness holds all sensation and thought, all memory and emotion ...

Rest here in this Spaciousness.

Remember, it is the Divine Figure who is doing the meditation ... who IS the Spaciousness.

# Seeing All Phenomena as the Divine Figure

All visual objects as the Divine Figure ...

All sounds as the voice of the Divine Figure

All sensations, scents, and tastes as the Divine  
Figure

All beings (yourself included) as the Divine Figure

# Namaste



“The divine in me recognizes, salutes, and honors  
the divine in you.”

“There is nothing in this robe I am wearing except  
Allah.” Al-Bistami (9th c Persian Sufi)

## Angelus Silesius, 17th c. German mystic

“God is that perfect no-thing, concealed in now  
and here: the less you reach for God, the more  
(s)he will appear.”

Devotion is the pathway for Divine Disclosure.



## Rabbi Levi Yitchak of Berdichev, 19th c

Where can I find You ... and where can I not find You? Above - only You; Below - only You; To the east - only You; To the west - only You; To the south - only You; to the north - only You; If it is good - it is You; If it is not - also You; It is You; It is only You.

# The Spotlight and the Lantern



The Spotlight of Concentration ... Focused Attention

The Lantern of the View ... Open Awareness

The Default Mode Network: the seat of the small self

The Capital S SELF is the seat of Awareness

# The Dual and the Non-Dual

Remember: The Dual is contained in the Non-Dual.

It's not that the Non-Dual is "better than" the Dual.

The Non-Dual is boundless capacity, like the boundless ocean containing all the individual waves.

"Everyone knows the wave is in the ocean; not everyone knows the ocean is in the wave." — Ramana Maharshi

# Hafiz, 14th c. Persian poet

*I have learned so much from God that I can no longer call myself*

*A Christian, a Hindu, a Muslim,*

*A Buddhist, a Jew.*

*The Truth has shared so much of itself with me*

*That I can no longer call myself a man, a woman, an angel, or even pure Soul.*

*Love has befriended Hafiz so completely it has turned to ash and freed me*

*Of every concept and image my mind has ever known.*

# Dedication of Merit

May all beings have happiness and the cause of happiness.

May they be free of suffering and the cause of suffering.

May they never be disassociated from the supreme happiness which is without suffering.

May they remain in the boundless equanimity, free from both attachment to close ones and rejection of others.