

Meditation and Devotion: Inhabiting the Divine



Session Four

Meditation and Mantra

Mantra: guard of the heart

“Much of what the Bible demands can be comprised in one word:
Remember.” - Abraham Joshua Heschel

The Way of a Pilgrim: the Jesus prayer.

“Praying without ceasing”

“Lord Jesus Christ, son of God, have mercy on me”

The Image and Likeness of the Divine

“Elohai neshima

shenatata bi

T’hora hi”

“The soul that You, my God, have given me is pure.”

Camille Helminski: *Ninety-Nine Names of the Beloved*

La ilaha illallah

“There is no God, only the unified oneness we call Allah.”

Ya Rhaman / Ya Rahim

endless love / loving mercy

*Physicians of the Heart:
A Sufi View of the Ninety-Nine Names of Allah*

Ya Aziz / Ya Jabbar (divine strength / healing strength)

Ya Ghaffar / Ya Ghafur (inexhaustible forgiveness / limitless forgiveness)

Ya Hakam / Ya Hakim (discerning wisdom / healing wisdom)

Ya Kabir: incomparable vastness

Ya Hafiz: protection from fear, despair, hopelessness

Ave Maria

Ave Maria, gratia plena

Ave Maria, dominus tecum

“Hail Mary, full of grace ... the Lord is with you.”

Fiat: “Let it be unto me.”

Chenrezig: the Bodhisattva of Compassion

Om mani padme hung

“The jewel is in the lotus”

“We have within us the seed of purity, the essence of a One Gone Thus (Tathagatagarbha), that is to be transformed and fully developed into Buddhahood.”

—H.H. the Dalai Lama

Tara, the Mother of all Buddhas

Om Tare ... Tuttare ... Ture ... Soha

“OM! O Tara! I entreat you, O Tara! O swift one!
Hail!”

“I prostrate to Tara the liberator, mother of all the
victorious ones.”

Sally Kempton: *Awakening Shakti*

Durga: *om dum durgayai namaha*

Lakshmi: *om shrim haha laksmiyai namaha*

Saraswati: *om aim hrim sarswatyai namaha*

Embodying the Divine



Remembering who you are ... and everyone else! ... a local manifestation of the divine.

“God is an infinite circle whose center is everywhere and whose circumference is nowhere.” — Nicholas of Cusa, German philosopher, theologian, jurist, and astronomer 1401 - 1464

Dedicating the Merit of Our Practice

Merit = positive energy, blessing

“May all beings be safe from internal and external harm ... may they have calm, clear minds, and peaceful loving hearts ... may they be physically strong, healthy, and vital ... and may they know love, joy, wonder, and wisdom, in this life, just as it is.”

St. Mary's Sewanee

Mindfulness on the Mountain

Dec 2-4, 2022

“Leading Into Emptiness”