

Meditation and Devotion: Inhabiting the Divine



Session Six

The Posture of Meditation

Aligning

Relaxing

Spaciousness

Opening the Heart

The womb of devotion is secure attachment

Praying with Icons

“I look at the icon ... and the icon looks at me.”

Henri J.M. Nouwen:

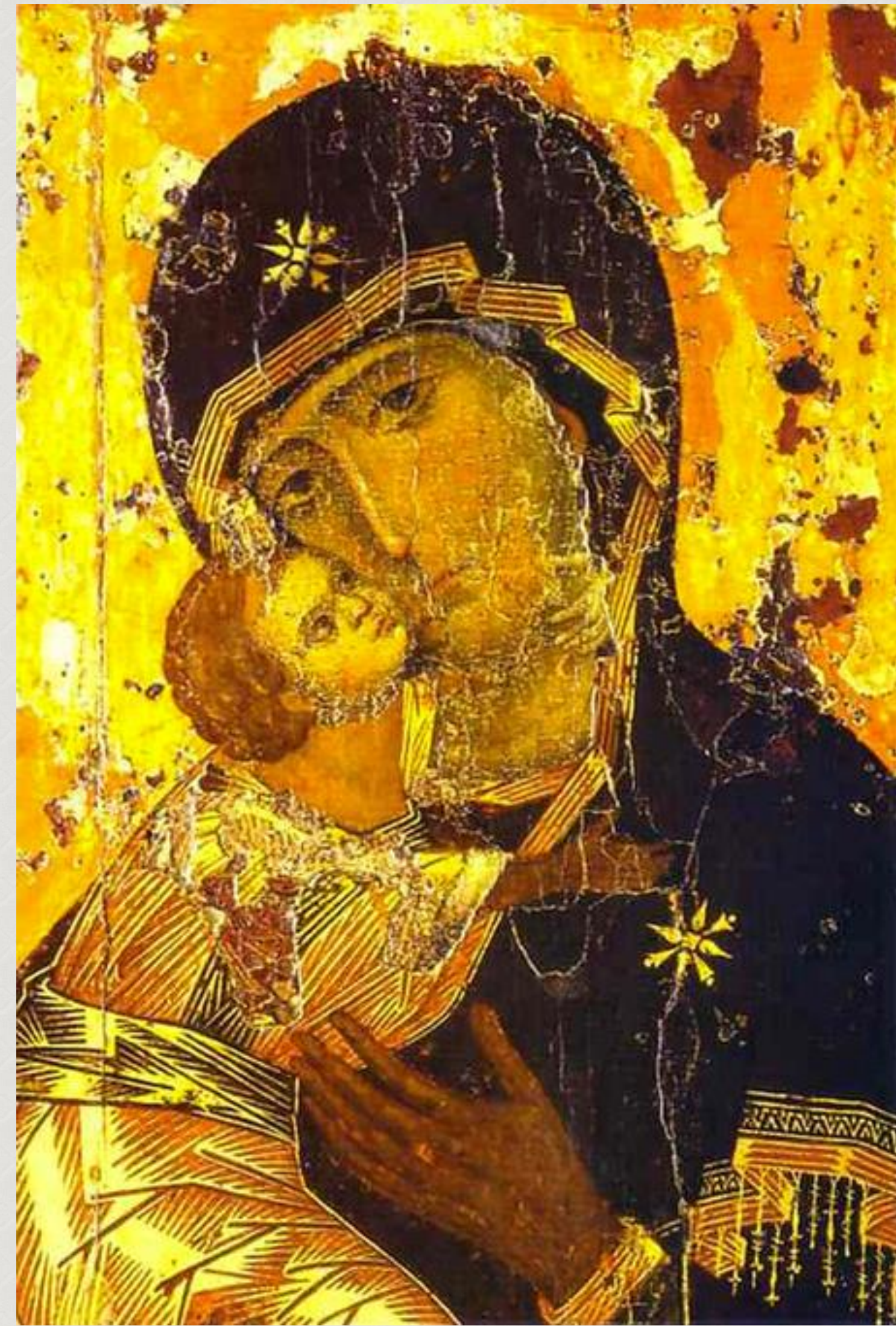
Behold the Beauty of the Lord: Praying with Icons

Beauty as a portal into the Divine

Vladimirskaya Our Lady of Vladimir

1131

Contemplating the icon, theologian Henri Nouwen, remarked that the Virgin's eyes glance at neither the child or the viewer but appear to "look inward and outward at once"; that her free hand gestures towards the baby to "open a space for us to approach Jesus without fear"; and, that the child is shown as "a wise man dressed in adult clothes."



The Trinity

1411

Andrei Rublev



Richard Rohr and Cynthia Bourgeault

Rohr, *The Universal Christ*

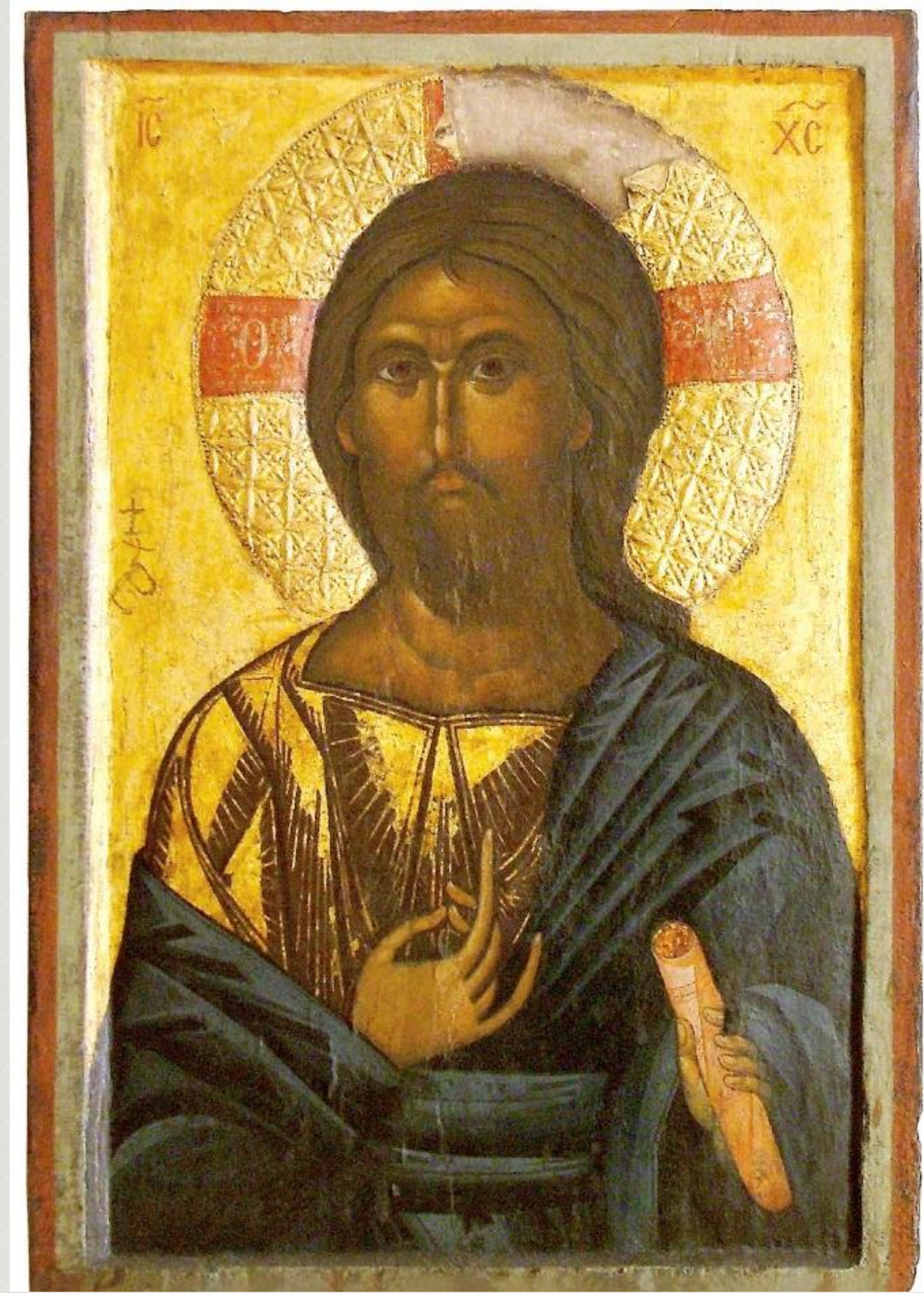
G.K. Chesterton: “Your religion is not the church you belong to, but the cosmos you live inside of.”

Bourgeault, *The Wisdom Jesus*

Jesus Christ

1262-1263

St Mary Perivleptos Church



The Harrowing of Hell

1408



The Annunciation

1408

Workshop of Andrei Rublev



“Be it unto me according to your word.” Luke 1:38

Devotion is Emptying ... Opening ... what the New Testament
calls Kenosis

Our practice takes us from narrowness to spaciousness ...

Letting it be ...

Letting it go ...

into the Vast Expanse of Benevolence

John Prendergast, PhD

“Awakening: The Deep Heart”

<https://vimeo.com/761221367/b24646af02>

Something so vast ... and not fear-based

Seeing with the eyes of the heart

A Musical Icon: Matt Rollings *Mosaic*

Alison Krauss and Vince Gill: “Stay”

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

photography by Michael Wilson

Elohai Neshama

<https://www.youtube.com/watch?v=Kxi8Ciscf04>

Chloe Pourmorady Ensemble

Dedication of Merit



Whatever goodness, whatever benefit, whatever blessing, whatever merit has come from our practice, may it ripple out, may it radiate out for the benefit of all beings, without exception.