

Meditating with  
the Living Buddha  
and the Living Christ



Session Three

“You will have sorrow now.” (John 16:22)

When someone is in the dark places, what helps is not so much what we can say, but what we can bear to hear.

Ram Dass: A Letter to Rachel

# Establishing Your Posture

Four somatic markers: aligning, settling, open-heartedness, spaciousness

Seeking assistance from the Retinue of Masters

Meditating as the Exemplar

The Diamond in Your Heart: Love and Compassion

# The Central Point: Temples of Goodness and Compassion

The Dalai Lama once asked a Benedictine monk: “What kind of contemplation do you practice?”

The Benedictine monk’s answer was simple, “Love, love, love.”

“I believe the purpose of all major religions is not to construct big temples on the outside, but to create temples of goodness and compassion *inside*, in our hearts.” — the Dalai Lama

There’s no Tibetan word for “Buddhist.” The closest word is “insider,” one who trains the heart/mind by going inside.

# Putting on the Mind of Christ

“Let this mind be in you, which was in Christ Jesus, who did not count equality with God a thing to be grasped, but emptied himself, taking on the form of a servant.” (Philippians 2:5)

“Form is emptiness, emptiness is form.” (The Heart Sutra)

Making the 12 inch drop from the thought factory to the heart

# The First Supper

Mindful eating ... looking deeply

“The bread we eat is the whole cosmos.” (29-31)

St. Augustine to his catechumens, “There you lie the altar.”

“When mindfulness is present, the Buddha and the Holy Spirit are already there.” (33)

“Mission Joy” on Netflix: Desmond Tutu celebrating the Eucharist in the Dalai Lama’s shrine room in Dharamshala

# Living Buddha, Living Christ

Jesus and the Buddha are both historical doors and ultimate doors. (34-38)

Jesus as a Wisdom teacher

*Theosis*: the divine became human so that the human might become divine

# 84,000 Dharma Doors

The Kingdom of God is here ... and now.

“This is not a matter of devotion. It is a matter of practice.”

(38)

The Buddha is also described as a door (39)

“It would not be very Buddhist to say that yours is the only door.” (39)



# The Feminine Face of God

“We are all mothers of the Buddha.” (40-1)

*Theotokos: Mary is the Mother of God*

# Original Sin ... Original Goodness

Store Consciousness: watering positive seeds  
... uprooting negative seeds (44)

Beginning Anew: what I appreciate, what I  
regret, acknowledging getting “hooked”

# Asita and Simeon

“The birth of every child is important, not less than the birth of a Buddha.” (45-6)

# Touching Our Ancestors



“If you look deeply into the palm of your hand,  
you will see all your ancestors.”

Spiritual ancestors and blood ancestors

# Suffering and the Way Through

The bodhi tree and the tree of the cross

Seeing deeply the nature of suffering

Moving from “me-ness” to “we-ness”

“I am always there for you.”

The Dharma and the Holy Spirit

“I am the way” (55)

The living Christ is the Christ of Love who is always generating love, moment after moment.” (57)

Bodhichitta: the mind heart of love, compassion, and wisdom

# Your Body Is the Body of Christ

“We know that our body is the continuation of the Buddha’s body and is a member of the mystical body of Christ.” (58)

“There is a person whose appearance on earth is for the well-being and happiness of all. Who is that person?” (58-59)

Both the gospel and the dharma are “passed from warm heart to warm heart.”

# 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.