

Meditating with
the Living Buddha
and the Living Christ



Session Five

Settling the Body and the Mind



If you bring the body, the mind will follow.

“Come to me, all you who labor and are heavy laden,
and I will give you rest.” (Mt. 11.28)

Establishing Your Posture

Aligning

Grounding

Open-Heartedness

Spaciousness

Seeking Assistance from the Retinue of Masters

Rerooting



Trying To Fill the Hole (87)

Go Back To Your Own Tradition (89)

A Family Altar (89-90)

Five Mindfulness Trainings

Reverence for Life

Cultivating Lovingkindness

Responsible Sexual Behavior

Speaking and Listening Deeply

Taking In the Wholesome: Mindful Consuming

More Than One Root

“Multiple Belonging”

“Crossing Over”

“For our world to have a future, we need basic behavioral guidelines.” (113)

Precepts, Commandments, the Golden Rule

The Safe Island of Mindfulness

Mindfulness = Presence

Thay's being with children (118-119)

Taking Refuge in the Trinity (123-124)

Divinization: *theosis*

The Prayer of the Heart

Touching the Living Buddha, the Living Christ (126)

The Sacred Heart of Jesus

The Immaculate Heart of Mary

Tonglen: the Diamond in the Heart

Devotion and Transformation



Invoking assistance from another

Participating in your own rescue

Weaving your own parachute

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.