

# Meditation and Devotion: Inhabiting the Divine



Session One



# Variations on a Theme



Deliberate and Effortless Mindfulness

Meditating in the Divine Abodes

Meditation and Grace

And now ... Meditation and Devotion



# Why Devotion?

“The Buddha often said that devotion opens the door to enlightenment. Devotion consists of love and inspiration joined together.”

— Kenchen Palden Sherab and Kenpo Tsewang Dongyal in  
*Illuminating the Path*



# Devotion, in some detail

“Devotion is the doorway to Concentration. And concentration is the platform for Awakening.” — Daniel P. Brown

A wandering mind is an unhappy mind, e.g., doom-scrolling

Devotion calms the mind ... and opens the heart.

Four Paths of Yoga: Jhana, Karma, Raja, and Bhakti yoga

Examples of Bhakti: Hindu kirtan, Sufi zikr, Jewish davening, Buddhist chanting, Christian hymns



# Devotion and Capture

*Capture: Unravelling the Mystery of Mental  
Suffering*

by David A. Kessler, MD



# Devotion and the Divine

We will be devoted to something.

Take a look at your calendar: how do you spend your time?

Is there something beyond the “skin encapsulated ego,” the ordinary familiar self?

The antonym of spiritual is not material but egotistical. Aka dead.



# The Posture of Meditation

Aligning

Relaxing

Spaciousness

Opening the Heart



# Setting Your Intention



Why am I here?

Bodhicitta: the Awakened Heart/Mind

For the benefit of all beings



# Asking for Assistance

Formless Ones with whom you have affinity

“The Retinue of Masters” who have walked this  
contemplative path of devotion

Removing obscurations, then establishing positive  
qualities in your mindstream



# Visualizing the Divine

Using your imagination to picture an image of the  
Divine before you

The “felt sense” of a presence

“As If”

Held in a benevolent, cherishing gaze



# Dissolving and Merging

This Divine Being takes up residence in you.

Incarnating in form: *in carne*, enfleshment

\*\*\* The Key: the Divine Being is doing the  
meditation.

This marks a shift in your basis of operation.



# The Shift: A Rotation in Consciousness

The ordinary familiar self, with its proliferation of thoughts and feelings, rotates into the background, and the Divine Being comes into the foreground of awareness.



# Dedication of Merit

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