

# Meditation and Devotion: Inhabiting the Divine



Session Two

# Concentration

“Devotion is the doorway to Concentration.”

The felt sense of the rising breath ... the felt sense of the falling breath ... the felt sense of the body in stillness

Remember: it's the Divine Figure who's doing the meditation. This is a shift in your basis of operation.

# Setting Up the Meditation

Establishing your posture

Setting your intention

Seeking assistance

Visualizing a Divine Figure/Sensing “Presence”

# Seeking Assistance: The Divine Feminine

Chokmah (Wisdom) ... Sophia ... Shekinah ... The Immaculate Heart of Mary ... Tara (the Mother of all Buddhas) ... Kwan Yin ... Kannon ... Kali ... Durga ... Lakshmi ... Parvati ... Saraswati ...

# Visualizing and Merging

In your mind's eye, picture an image of the Divine Feminine before you ...

Picture a white light coming from her forehead to yours ... a red light coming from her throat to yours ... a blue light coming from her heart to yours ...

Now let her form dissolve into energy and merge into your body ... so that she has taken up residence in your body ... and it is she doing the meditation

So now you have a shift in your basis of operation ...

She is in you ... and you are in her ... doing the meditation

# God pouring God into God

“I was six when I saw that everything was God, and my hair stood up, and all, Teddy said. It was on a Sunday, I remember. My sister was a tiny child then, and she was drinking her milk, and all of a sudden I saw that she was God and the milk was God. I mean, all she was doing was pouring God into God, if you know what I mean.”

— J.D. Salinger, *Franny and Zooey*

# Surrendering to Her

She's already here ...

Give yourself to her ...

Let her take you ...



# The Ideal, Cherishing Mother from the teaching of the late Daniel P. Brown

Secure Attachment: Safe and Protected

Attuned to your inner world

Responding just as you've always needed, but perhaps never quite got,  
especially when you're sad, mad, afraid, ashamed, etc.

\*\*\* Delights in your being. \*\*\*

Supportive, non-controlling presence as you explore the world and find  
your place in it



Rabbi Rami Shapiro



*The Divine Feminine in Biblical Wisdom  
Literature*

## Rabbi Rami Shapiro's teaching on Perennial Wisdom: The Shared Insight at the Mystic Heart of the World's Religions

All life is a manifesting of a dynamic nondual Aliveness called by many names: Chiut, Tao, Allah, Mother, Brahman, God, YHVH, Nature, Dharmakaya, Great Spirit, among others.

You have the innate capacity to awaken in, with, and as this Aliveness.

Awakening as Aliveness calls you to be a blessing to all the families of the earth, human and otherwise, by living according to the Golden Rule.

Awakening as Aliveness and being a blessing are your highest calling as a human being.

# Dedication of Merit



Ending with the intention to give away, to share what we have received in the meditation ... for the welfare of others.

# One River Nashville

First and Third Wednesdays

5:30-6:30 pm Central time

<http://www.oneriverwisdomnashville.org/>

You can get the zoom link by going to the website