

# Meditation and Devotion: Inhabiting the Divine



Session Five



# Two Kinds of Awareness

Our ordinary, binary, Dual Awareness, aka the “egoic operating system”

Devotion shifts our Basis of Operation: from Dual to Non-Dual Awareness, “the View”

Non-Dual Awareness, aka “self-less-ness”



# Non-Dual Awareness: Quick and Simple

First, noticing an object: sensory, cognitive, or emotional

\*\*\* Then, “putting space around the object,” In fact, this is simply noticing the object is always held in a larger space.

Finally, noticing the *knowing* of the object - this is Awareness knowing Itself. This is the knowing space of Awareness.

“It’s simple - be the knower, not the owner” of experience. - Ajahn Chah, 20th c. Thai Buddhist teacher,



## Jack Kornfield: [jackkornfield.com](http://jackkornfield.com)

“It is critical to note here that selflessness does not deny or reject our experience in any way. We don’t get rid of anything. The experiences are the same. All that’s changed is that we have stopped identifying with them, stopped calling them “me” or “mine.” Some people feel as though a huge weight has lifted—they sob with compassion for themselves, realizing the illusory burden they’ve been carrying. More often we simply relax and discover a natural ease as we let go of the limited sense of self.”



# Devotion and Meditation and Dying

Meditation on death awareness is one of the oldest practices in all Buddhist traditions. In the words of the Buddha, “of all the footprints, that of the elephant is supreme. Similarly, of all mindfulness meditation, that on death is supreme.”



# Stephen Levine, *A Year to Live*

“Preparation to Die ... or Meditate ...  
Whichever Comes First” pp. 62-66



# A Foot in Two Worlds

Kathleen Dowling Singh:

*The Grace in Aging*

*The Grace in Dying*



# The Posture of Meditation ... and Non-Meditation

Aligning

Relaxing

Spaciousness

Opening the Heart



# Telling Your Beads

Prayer Beads

Rosary

Mala

In Hindu and Buddhist and Christian and Muslim  
practice



# Letting Yourself Be Taken into the Mantra

Into the words ...

Into the felt, physical sense of the words ...

Into the meaning of the words ...

Into Non-Dual union



# Padmasambhava's Mantra

Om ah hung benza guru pema siddhi  
hung

Darshan: Meditative Gazing





# Draw Us In the Spirit's Tether

## Catholic Communion Classics

The Cathedral Singers, Richard Proulx, Conductor



Vol. XI

### FEATURING

*Ave Verum Corpus • Jesu, Joy of Man's Desiring • O Lord, I Am Not Worthy  
I Am the Bread of Life • Gift of Finest Wheat • Jesus, My Lord, My God, My All*



# Dedicating the Merit (Positive Energy)

Whatever goodness, whatever blessing, whatever benefit, whatever merit has come from our practice together, may it ripple out to all beings ... without exception.