

Meditation Resources – inclusive language

(Don MacGregor, Michael Johnson, Pia Huber, Kathleen Weller. Graham Watson)

Opening and Closing Prayers

Opening:

Divine Source of All that is:

We welcome your presence at the centre of our being.

Letting go of all else, we surrender in love to you.

May our mantra be a symbol of our opening to your loving presence and healing action within.

Amen

OR:

God of life and love,

Divine Source of All that is:

Open our hearts to the silent presence of your Spirit.

Lead us into that mysterious silence,

where your love is revealed to all

who open their hearts to you.

Amen

OR:

Heavenly Creator, open our hearts to the silent presence of your Spirit

Lead us into that mysterious silence where your love is revealed to all

who open their hearts to you.

Chant

Here is a very simple chant to lead into meditation.

It is sung on a monotone. Chant it twice, ending on Be...

Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be...

Closing the meditation:

May the grace we have received

sink deep into our bodies, hearts and minds,

bear fruit in our lives and keep us ever thankful

to you, Divine Source of All that is. Amen

OR:

May the beauty of the Divine Life fill this group

and the hearts of all who pray [in this place] with joyful hope.

OR:

May we live this day
Compassionate of heart, Clear of word,
Graciousness in awareness, Courageous in thought,
Generous in love.

Amen

(John O'Donohue)

A prayer for ending the session:

O Breath of Life, flowing in all creation,
may the light of your presence fill the universe.
Your way of being come, your desire be done,
in this and all realms of existence.
Bring forth the nourishment and insight we need for this day.
May forgiveness of self and others be our lived reality.
Liberate us from all things that bind us
and deliver us from all disharmony.
For you are abundant life, creative unity, and glorious harmony,
through all time and beyond. Amen.

(This rendition of the Lord's Prayer by Revd Don MacGregor is based on Aramaic translations and root meanings from the work of Dr. Neil Douglas-Klotz in 'Prayers of the Cosmos')

Welcome introduction statement shared by Michael Johnson who said that this is under (continued) review (and may be adapted as needed):

"Welcome to our group! We have been meditating here every Wednesday evening since 2003. Our guidance is based on Christian principles that go back centuries, however, we don't expect our fellow meditators to be Christians or to share these beliefs. In our meditation we are concerned with a wisdom which is universal and underlies many faith systems, each of which has its own ways of explaining what is important. We are happy to meditate with all seekers. Everyone from any faith or no faith is very welcome to join us. Our practice is very simple and no experience is necessary."

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Mantras:

Maranatha

Be still and know that I am God – Be still – Be

Bismillah ('In the name of Allah') [used in the Center for survivors of Torture (CST) in Austin Texas, USA

Peaceful