WCCM - Meditation Resources – inclusive language
(in put from Don MacGregor, Michael Johnson, Pia Huber, Kathleen Weller. Graham Watson, Liz Watson)

Welcome introduction statement
shared by Michael Johnson who said that this is under (continued) review (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. We invite everyone to help preserve a respectful and calm space where we can meditate together and learn from each other."

Opening Prayers:
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.

OR:

Spirit of Love, 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.

OR:

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')

Mantras:

'So you need a word….choose a word that has deep, sacred meaning to you. We recommend the word Maranatha….But whatever word you choose stay with the same word for the whole time of the meditation every time you meditate…' [Liz Watson]

Examples:

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

Words or phrases for use as mantras may be drawn from other faith traditions.