

## Be Still and Know

Rev Brigid Beckman      Meditation and Message      2-12-23

*At the center of our being is a point of nothingness which is untouched... a point of pure truth, a point or spark which belongs entirely to God. ~Thomas Merton*

In the stillness of this moment there is peace, there is peace  
And I rest and trust and breathe and know  
That in the Stillness of this moment there is peace

In the stillness of this moment there is love, there is love  
And I rest and trust and breathe and know  
that in the Stillness of this moment there is love

In the stillness of this moment I feel love, I feel love

In the Stillness of this moment I am love  
In the Stillness of this moment I am peace  
And I rest and Trust and breathe and know  
that in the Stillness of this moment there is God

When Phil Goldberg was here this fall, he told a story that he also recounts in the book, about the “act of grace, karma or chance” of grabbing a “random” shirt to wear on the morning he began writing the second chapter of this book, on the power of deep meditation– a T-shirt that read MEDITATION IT’S NOT WHAT YOU THINK.

Phil offers these 3 profound messages contained in a T-shirt’s slogan:

- “1. Meditation may not be what you think it is.
2. The effectiveness of meditation has nothing to do with the content of thoughts that arise in the mind.
3. At its deepest, meditation transcends thinking entirely, opening the curtain to the infinite Oneness beyond the mind. It's a direct route to the core of Being.”

Now, I was in kindergarten when Timothy Leary was popularizing the phrase “Turn off, tune out, drop in” in 1966/67, so I can’t speak to *his* version! I do truly appreciate Phil’s use of that phrase as the chapter title, and *his* description of the “upgrade” that is available to us through the power of deep meditation.

- *Turn off* your devices and media hookups,
- *tune out* the incessant barrage of news and sensory stimulation
- and *drop in* to the sanctuary, or Kingdom, within you
- we could also add “come back”... as in *come back* to the domain of action rejuvenated and spiritually energized

And yes, I did finally read this chapter after doom scrolling through instagram and news headlines for WAY longer than was good for my soul!!

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In every one of the world's wisdom traditions, we can find pathways to this center of our being. Goldberg reminds us that “beyond our usual three states of consciousness: waking, dreaming, and sleeping.. is that state of Being, of I-ness in which we are in deep repose but neither asleep nor dreaming. It is a state of deep contentment and *even when the experience is momentary* it has profound practical implications...Each time we tap

into that Limitless resource, some of those desirable qualities cling and over time they manifest more and more in our active lives.”

Here in the sanctuary WE create together, one implication is that our shared, yet individual awareness of our Source feeds our ability to step fully into living our mission, it feeds our compassionate action. We practice, and practice and practice— and we come together and practice some more! So wherever you are, let us practice for a few moments together.

1. Begin by sitting comfortably wherever you are. If you're in a chair, rest your feet flat on the floor. Let your spine and neck be upright but ideally held without strain.
2. Rest your hands comfortably on your lap or at your side, perhaps letting your palms face up.
3. If you're comfortable doing so, you can close your eyes, or keep a soft gaze just lowering your chin and focusing gently in front of you.
4. Now bring your attention to the physical sensation of breathing. Focus on the air entering and leaving your nostrils, or the rise and fall of your diaphragm and chest. Without straining, simply notice your breath.
5. If your mind wanders, and it likely will, as much as you can, just observe the thoughts and any physical sensations without judgment. And if judgments arise, try not to judge them either! 😊
6. When you notice your attention has left your breath just gently directed to return.

In the Stillness of this moment I am love

In the Stillness of this moment I am peace

And I rest and Trust and breathe and know

that in the Stillness of this moment there is God... And so it is. Amen.