

## ***God-Being-Us: the practice of embodiment***

Meditation/Message

Rev Brigid Beckman 9-29-24

### **Loving Kindness Meditation** drawing on the Three Faces of God

*Eyes can be closed, or let your gaze soften. Let your body settle into a comfortable stillness. Sense the soles of your feet, connecting you to the ground beneath you, and imagine you are sending roots to the earth, roots that connect gently to all those here in this space. Notice your breath moving— can you without forcing, feel your breath in the belly, in your chest, in your nose? Notice if your mind feels active with thoughts. Without forcing, ask your thinking mind to open to divine mind, divine heart, your true nature as an unrepeatable expression of God:*

May my heart be open to the loving kindness that I AM.

May I be set free from all suffering, all illusion of separation, all fear.

May I accept the I AM of myself and others completely.

May I be happy and at peace, fully aware that I AM of Infinite Spirit.

*From this awareness of your true identity as an expression of the Infinite I AM, let those roots of being mercy and compassion deepen, and expand your awareness of the presence of God the Beloved, as near to you as the image in your mind of **those you love**, connecting your heart and intentions to those loved ones:*

May you know your True Self as loving kindness.

May you be free from suffering, all illusion and all fear.

May you embrace the Divine Essence of yourself and others completely.

May you be happy and at peace, fully aware of Infinite Spirit's presence.

*Awakened now to God-within and to the embrace of the Beloved, begin to sense the vastness of the cosmos, the awesome power of the Infinite Ground of Your Being. From this awareness of Infinite Being, see this world that so deeply yearns to know its true nature, to be at peace. Let the vastness of loving-kindness reach out to all beings in need of healing, especially **those who most need it in this moment***

May the hearts of all beings be open and spacious.

May all beings be healed of their suffering, set free from their fear.

May all relate to each other with kindness and love of their True Selves.

May all beings live in harmony and peace.

May all know the deep joy of living awake to our Oneness of Being.

**And so it is. Amen.**

## **Message:**

For several weeks in my spiritual practice, I've been exploring *The Many Faces of Prayer* by Thomas Shepherd, and *The Three Faces of God* as described by Paul R. Smith in [The Integral Christian Network](#) and the books *Integral Christianity: The Spirit's Call to Evolve* and *Is Your God Big Enough? Close Enough? You Enough?*

Here is my inspiration and my guiding questions for this week's exploration of the face of **“God-Being-Us: *the practice of embodiment.*”**

From Paul R. Smith: [Integral Christian Network](#)

### **Inner Face of God-Being-Us~ A God Us Enough for Our Deepest Identity**

Jesus so identified with God inwardly, that he acted as God's hands, feet, and voice to the world around him....

Jesus invites us to that same identification. This is the inner realization that everyone of us is already made in the image and likeness of God, the very first thing the Bible says about us in Genesis. Jesus expressed this identification in the fullest way possible... We seem to do that much less so. However, that does not change the reality of the inner truth from which we are working to make manifest.

*“I wish I could show you when you are lonely or in darkness the astonishing light of your own being.” – Hafiz of Shiraz*

“Early in the book of Matthew, Jesus makes a stunning declaration: “Jesus said to them, ‘You are the light of the world’” (Matt. 5:14). How could others be the light of the world when Jesus was to later say that he was light of the world? This could only be possible if we, along with Jesus, are all the light of the world because we all hold the divine image of God within us.

The writer of 2 Peter 1:4 says that “we are participants in the divine nature.” Later, the fourth-century bishop of Alexandria, Athanasius and others, declared that “God became humanity so that humanity could become God.”

God has a first-person face which is the subjective, mystical, inner face of God, which is called by such names as True Self, Christ Consciousness, Buddha Nature,

Enlightened Self, or Divine Self. This is the *God us enough* for our own deepest identity... To the degree that we lose our identification with our egoic personality and instead identify with our God-Self, to that degree we walk and talk like Jesus did as God in healing the world...The more we look at the world and act from this place of deep inner divine Light, the more we are manifesting what Jesus was talking about when he made the audacious claim that we are each the light of the world. This is the Inner Face of God-being-us.”

From Smith’s book ***Integral Christianity:***

The Inner Face of God is our True identity as expressions of the I AM.

- In the inwardness of the *Within Face*, Spirit abides *as* our own deepest Sacred Self
- God-within allows us to speak, in our brightest moments *as* the light of the world
- Participating in the divine nature, I am called to act and speak *as* the hands, feet, heart and voice of God in the world today

**My guiding questions for deep self-reflection:**

- If *The Inner Face of God-Being-Us* is accessed in our deepest, True Self, HOW do we access God-within?
- When we awaken to this divine nature within, how does it call each of us to reveal LOVE as a verb?
- Embodying our divine nature is the work of waking up, and growing up– and how is that going?
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*“I rest in God as my own Self, my deepest I. I am open to the Mind of Christ within... I am the Light of the World. I and the Mother-Father are One...I am Infinite Spirit...In this ever-present awareness, I go about my day.”*

And there for me, is the rub. **In this ever-present awareness, I go about my day.**

How easy it is to forget, to NOT go about my day in that awareness of the God in me, and the God in you...I forget that even if I don’t see the light in myself, or in those around me, that doesn’t mean the light is not there! Will you join me this week in a practice of noticing our *embodiment of God-Being-Us*, and then shining our light, that divine light within, that is our true identity? With thanks to John Reith Jr for our closing prayer-poem!

***God is to Me***, by John Reith Jr

God is to me: My friend, my confidante, my inspiration, my guide.

God is to me: the feeling of my toes being engulfed by sand on the beach;

God is to me: the marvel of the waves as they come crashing to the shore;

God is to me: Divine and human, my inner resource;

God is to me: the smile of a stranger or the closeness and comfort of a friend;

God is to me: the warm rays of the sun shining on the ocean; the soft wet blessing of a steady rain;

God is to me: the smell and softness of a baby; the twinkle in the eye of an older person;

God is to me: a beautiful song in my heart; a small whisper in my brain;

God is to me: second chances and funky dances;

God is to me: my soul brother and divine mother; love and forgiveness;

God is to me: being engulfed in the present moment;

God is to me: Everywhere and everything.