



# *Divine Meditation*



*The Jameson Center  
for Health and Well-Being*

# Welcome



Congratulations on taking this step towards a deeper relationship with God. The experience of the Divine in our lives is the greatest of all adventures. Once you truly taste the depth of this experience, yours will be the treasure of increasing peace, joy and love.

# Course Outline

## Introduction

The opening session will introduce a basic understanding of Divine Meditation. The origin and history will be covered, as well as its evolution into the practice we know today. There will be plenty of time for discussion before proceeding with the rest of the course.



## The Practice of Divine Meditation

This session will cover the practice of Divine Meditation. We will go over various aspects, such as: choosing a sacred word, body position, the time and place to meditate, etc. At the end of this session you will have your first Divine Meditation experience.

## Deepening Your Practice

This session will go more deeply into the practice of Divine Meditation, covering the process and experience in greater detail. The deep psychological and spiritual transformations that are possible with regular practice will be discussed.

## Review, Questions and Answers

The final session will be for review, the sharing of personal experiences and questions and answers.

*Concentrate your mind on me,  
fill your heart with my presence.*  
Bhagavad Gita

*Commune with your own heart  
upon your bed, and be still  
Psalm 4:4*



# Introduction

All of the great spiritual traditions of the planet encourage a closer relationship with God. They teach that a spark of divinity resides within each of us. These traditions also teach some form of meditation or prayer to facilitate our relationship with the Divine Presence.

Divine Meditation is the opening of mind and heart— our whole being— to the presence and action of God within. The mystery of this Inner Presence exists beyond thoughts, words or emotions. When we consent to the Divine presence, it becomes a wellspring of inner peace, leading to communion and unity with God.

Healing and increasing happiness is always the experience of every person who grows in relationship with the Divine In-dwelling.

# The Practice of Divine Meditation

**There are four basic principles or guidelines for Divine Meditation.**



*My Lord has commanded me  
that my silence should be in  
attaining a knowledge of God.*  
Hadith

**1. Choose a sacred word as the symbol of your intention to consent to the presence and action of the Divine within.** The sacred word should be chosen carefully so that it most fully expresses your intention. Examples might be: Father, Mother, Abba, Emma, Allah, Peace, Shalom, Love, etc.

**2. Sitting comfortably and with eyes closed, settle briefly and then silently introduce the sacred word as the symbol of your consent to this process.** By sitting comfortably we want to encourage a position that will facilitate the practice, not incline us to sleep or make the body uncomfortable.

**3. When you become aware of thoughts, return ever-so-gently to the sacred word.** Thoughts are an umbrella term for every perception that flows through consciousness that we become aware of, including sense perceptions, feelings, images, memories, reflections, insights and commentaries.

**4. At the end of the meditation period, remain in silence with eyes closed for a couple of minutes.** This is an important time to readjust to the outer world, to allow the physiology of the body to adjust to normal waking consciousness. This is also a wonderful time to engage in other prayer practices. The mind is quiet still and in a good place to be in prayer for others and their needs, to consider how you might bless someone today, or to meditate on the ways you might love others better.

# Deepening Your Practice

*Empty yourself of everything.  
Let the mind rest at peace.*

Tao Te Ching

**In this section we will look more deeply into the practice of Divine Meditation.**

First of all, remember that your sacred word is used solely as an expression of your intention to be open to the presence and action of God within. During the meditation period you will experience various kinds of thoughts, such as: ordinary thoughts of the imagination or memory, thoughts that give rise to attractions or aversions, insights or breakthroughs, self-reflections, thoughts that arise from the unloading of stress, etc. Use your sacred word as often or as seldom as needed to bring you back to your intention to be with God.

Meditate sitting up. Lying down is associated with going to sleep and is not recommended unless you are unable to sit up. Sit in whatever position and place that is comfortable for you, especially if you have any limitations or illnesses.

Always close your eyes to meditate. Attention is drawn outside when your eyes are open. For meditation the attention should be directed inwards. Try to meditate in a quiet, undisturbed area. Turn off the phone, ask children to respect your meditation time, and send away pets or other potential distractions. If you are disturbed, just deal with what is necessary and then finish the meditation time that is remaining.

Two, twenty minute periods of meditation each day are recommended. One first thing in the morning, and one in the afternoon or early evening. Try to meditate before eating. If this is not practical, be sure to allow enough time for digestion before meditating. Light exercise before meditating is alright, but save heavy exercise until afterwards. Because meditation can make the mind more alert, for most it is best not to meditate right before bedtime. Remember that the regularity of your meditation is very, very important. Even if you don't have time for your full session, meditate for whatever time is available.



When you become distracted by thoughts, noises, etc, don't struggle against them. Rather than resisting these distractions, ever-so-gently return to the sacred word.

If you fall asleep during meditation just finish whatever time is left after you wake up. If this happens often, you should consider making the necessary changes in your lifestyle to alleviate the fatigue.

If you are having lots of thoughts, restlessness, anxiety or boredom, it means you are releasing stress. This is good, because it is a process of purification. So don't stop meditating, just assume a neutral attitude toward the thoughts. When you realize you are no longer centered in your intention towards God, gently return to your sacred word. If it seems the thoughts and sacred word are going on at the same time, gently give the sacred word your attention, and stay detached in relation to the other thoughts. You might think of the other thoughts as a flock of birds moving across a still, calm lake. Just let them pass by without attachment.



There may be moments where you slip into a state of timeless awareness, beyond thoughts. In this state you may experience pure awareness, beyond time and space. After you return from this state you will know you were not asleep, but that some time has passed. In this, and in all other meditation experiences, don't judge it, just leave it in God's hands, knowing that everything has its own perfect part in his plan. **The only way to judge the effects of your meditation practice are the results you see in your life.**

*Look within. Be still. Freedom from attachment. Know the sweet joy of the way.*

Buddhism

At the end of your meditation time, stop thinking your sacred word, but remain seated for two or three minutes. Allow your awareness to slowly come back to the room as you gently open your eyes. Stay in that relaxed state as long as you like. Some may even want to curl up and rest for a time. The important thing here is to allow a time of gentle transition back to your regular awareness.

# Questions and Answers

## **What is the difference between Divine Meditation and other types of Meditation?**

In many meditation techniques the goal is to reach a state of pure awareness, beyond thought. In Divine Meditation our intention is the opening of mind and heart— our whole being—to the presence and action of God within. In doing this we may also reach a state of pure awareness, but the difference is in the intention to be in relationship with God.



*To attain you must be alone,  
so that your contemplation  
not be disturbed. Kabbalah*

## **How long will it be before I notice the benefits of meditation?**

From the time you begin to meditate the results will start to grow. If you continue on a regular basis, the benefits will accrue at a rate that is natural for each person. Some experience changes immediately, while others may notice little change for weeks or even months. This is best left in God's hands. If we make our intention clear with regular meditating, the results will be inevitable, profound, and in perfect timing.

## **Do I need to change my diet or lifestyle?**

Only to the extent of making time for your meditation sessions twice daily. Any other changes will be the natural result of a growing intimate relationship with God.

## **Will Divine Meditation cure my health problems?**

Divine Meditation is a process of coming into relationship and harmony with God. While it is very likely you will notice beneficial changes in you life, it should not be regarded as a cure for any particular problem.

## **What should I do to clear unwanted thoughts during meditation?**

Don't struggle against the thoughts that come up. Gently use the sacred word to refocus on your intention to be present to the Divine. Do this as often or seldom as needed.

*When you pray, go away by yourself, all alone.*

Matthew



### **How can I keep from being disturbed by things in my environment?**

If you are distracted by a noise or something else in the environment around you simply come back to your sacred word. Continue to return as often as you are distracted. Of course it is best to be in a place where there are few distractions, but sometimes it can't be avoided.

### **Can I meditate more than twice a day?**

Normally twice a day is sufficient. The intent is to take the benefit of meditation into your daily life, not to escape from normal activities. Balance is the key. There may be times in your life where you feel the need to spend more time in meditation. Follow your own intuition.

### **Will I have profound insights and thoughts when I meditate?**

In Divine Meditation the point is simply to rest with God. Insights and useful thoughts will sometimes come into our consciousness but we should just release them. If they are useful and important they will still be there when the meditation is over.

### **Will my sacred word ever change?**

Over time, as a more intimate relationship with the Divine Indwelling unfolds, you may find that another sacred word is more appropriate. Don't change during a meditation session, but over time be open to a change when, and if it fits.

### **Is there any reason to meditate with others?**

Meditating with a group is a very enriching experience. There is an increased energy present that comes from the shared experience. Having a group you meditate with on a regular basis helps secure meditation into your daily life. In addition to doing your daily meditation alone, it is highly recommend that you join a group that shares this commitment.

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# Course Notes



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