



## **Meditation**

### **The Ground of Being**

### **Community**

The meditation below was used at the Contemplative Fire Community Weekend on Sunday 11<sup>th</sup> September 2011. It draws upon the Meister Eckhart's phrase of God as the Ground of our Being, and his teaching on community and the Ground of the Soul as described by Cyprian Smith in his book *The Way of Paradox: spiritual life as taught by Meister Eckhart* (1987) Darton, Longman and Todd. The meditation was prepared and delivered by Diane Rutter, Companion and Trustee of Contemplative Fire

#### **Preamble**

In this morning's meditation we will continue the theme of the Ground of Being and consider how this affects us in community with others.

As yesterday I will guide you with some words, interspersed with silent pauses.

Please sit comfortably in your chair, I suggest you place your feet squarely on the ground, your eyes closed, your back straight and hands loosely in your lap.

Please breathe deeply and smoothly.

I will start and end our meditation time with a ding.

#### **Start**

Dinger

Meister Eckhart taught that:

*Only that activity which is done from the ground of the Soul, will have truly lasting and positive effects, because it is not done then by me but by God, and is permeated by God's wisdom and power. So if we want to be good and useful members of Society, or of community, it is very important that we enter the depths of ourselves, discover God in our soul's ground, and learn to act from that centre.*

*Pause... Enter the depths of ourselves, discover God in our soul's ground, and learn to act from that centre.*

I wonder if we can do that today?

*Pause... 1 min*

Meditation is often referred to as if it is synonymous with relaxation. But while meditation does lead us away from the frenetic chatter of our minds, it is not about withdrawal and sleep, it is about deeper attention and awareness.

So as we enter that depth of ourselves today, can we also maintain a simultaneous awareness of others around us who are entering depths of their own soul's ground? Indeed as we each discover God in our Soul's Ground perhaps we will find that deep within each of us there is common ground.

*Enter the depths of ourselves, discover God in our soul's ground, and learn to act from that centre.*

Are you able to enter *the depth of yourself* here, now?

Do you have a means of doing that?

Within your own rhythm of life, have you developed a spiritual practice that takes you into the depths of yourself?

Let us enter that deep self now?

*Pause.... 2 mins*

Having entered the depth of ourselves, Eckhart encourages us to discover God in the Soul's ground.

How do we discover God?

We can't force that discovery to happen. It is grace, it is gift. But what we can do is to be open to the possibility of this discovery, to create the conditions in which this discovery can happen. Rather like preparing the ground in the garden for growth, tending it, digging it, weeding it, watering it. Similarly our spiritual practice prepares the ground of our Soul, and then we become aware, tuned in to God, we discover God in the Soul's ground.

I wonder if you have any sense of discovering God in your Soul's ground in this present moment now?

Pause.... 2 mins

Eckhart's words were for us *to enter the depths of ourselves and discover God in the Soul's ground, and to learn to act from that centre.*

Can we learn to act from that centre?

If you are there now, in the depth of yourself, with a discovery of God, hold that awareness and connection, and at the same time start to increase your awareness of those around you.

Pause... 30 sec

When our meditation ends, I invite you to hold the connectedness with your deepest self, with God and with others around you, and this day, practice speaking and acting from that centre.

Pause...30 sec

By repeated practice I wonder if we can learn to always interact with others from the deep place of connectedness with God in the Ground of our being?

Pause...30 sec

We will end this meditation with the teaching of Meister Eckhart that was our starting point...

*Only that activity which is done from the ground of the Soul, will have truly lasting and positive effects, because it is not done then by me but by God, and is permeated by God's wisdom and power. So if we want to be good and useful members of Society, or of community, it is very important that we enter the depths of ourselves, discover God in our soul's ground, and learn to act from that centre.*

Pause...

Ding

*Prepared and led by Diane Rutter,  
Contemplative Fire Companion and Trustee*