



Meditation
The Ground of Being
God

The meditation below was used at the Contemplative Fire Community Weekend on Saturday 10th September 2011. It was prepared and delivered by Diane Rutter, Companion and Trustee of Contemplative Fire, and draws upon the Meister Eckhart's phrase of God as the Ground of our Being

Preamble

We will now have a 15 minute meditation – sometimes listening to my voice guiding us through, sometimes with silent pauses. At one point I will ask you to move – please do so meditatively, if possible stay with your eyes closed, but if you need to open them please do so gently with a soft focus, and maintain your rhythmic breathing and meditative space.

The sound of the dingers will signify the start and the end of the meditation.

Our focus for meditation is the Ground of our Being.

So please now sit comfortably – I suggest with your feet placed squarely on the ground, back straight, eyes closed, hands comfortably in your lap, breath deep and slow.

Start.

Ding

Meister Eckhart talks about God as the Ground of our Being.

Let's explore this metaphor of Ground. I wonder, what does God have to say to each of us today through this metaphor of Ground?

Picture or imagine your favourite piece of Ground. **Pause...**

Perhaps it is a sandy beach, or a grassy meadow, a forest floor or a hilltop, a muddy river bed or a rocky crag. Perhaps it is enclosed, like a secluded garden, or a hidden corner of a field. Perhaps it is open, like a vast prairie or a tidal saltmarsh.

Choose a piece of ground that draws you and try to imagine yourself to be there now.

Pause ...30 secs

In your innermost being connect with the ground you are picturing.

Are you standing on it? Sitting? Or perhaps lying on the ground?

Feel your connection with it. **Pause...20 secs**

Ask, what does this piece of ground give to you?

Pause...30 secs

Ground is solid. It gives us support, it holds us steady. Ground is the source of many things. Ground provides nourishment, giving soil and nutrients for plants. Giving us stone with which to build, giving minerals and oil for metal work and for fuel.

Ponder again what it is that the ground of your imagination is giving to you?

Pause.... 1 min

The ground is our support and it is our source.

In what way is God your ground? In what way is God your source?

What does the metaphor of ground illuminate for you about God as source and as ground in your life?

Pause..... 2 min

When Moses travelled beyond the wilderness and turned aside to see the burning bush, a voice said to him "Take off your shoes for you are standing on Holy ground".

The ground was holy, and Moses' shoes were a barrier between him and it. The instruction to take off his shoes was an invitation to connect directly with the source, to stand barefoot on the ground and to absorb its energies and its blessing directly into his body.

Here, today as we gather on this community weekend, God is with us, and the floor, the ground of this place is a Holy place.

Staying in your meditative space I invite you to very slowly and gently take off your shoes now and stand on this Holy Ground.

Pause....1 min

As your feet connect with the floor and you can feel it in contact with your soles, with your body, what does this Holy Ground give to you today? Absorb the blessing, the energy, the insight that God has for you.

Pause...1 min

In a moment I will ask you to please slowly return to your seats, and to consider both the visualisation and the experience of standing on Holy ground here.

I wonder what is the insight that God has for you from this meditation today?

As you sit, please draw from any part of this meditation and ask yourself what insights it gives you as to God as your ground? God as your source?

And if you wish to take a minute to jot down anything that has arisen then please do so.

The dingers will draw us back out of our meditation in a few minutes.

Please meditatively return to your seat now.

Pause....

Ding.

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