

The Miracle of “We” Devotional Practice



Date: _____

Season: _____

Part 1: SURRENDER

To begin relax your hands, close your eyes, and let your head hang down (pause), now breathe in deep, quiet your mind, and begin to open your heart to this moment.

SILENCE *Use this time to do at least 5-10 minutes of a meditation method of your choosing such as centering prayer, focusing on breath, etc.; for more information see the Where to Start page at www.thenondualway.com

Part 2: RECOGNITION

Bell

As you let go of your thoughts, fears, and anxieties, take a moment and renew your awareness of _____ (use your preferred name for “God” or “Essence”):

(Put hands opened upward)

I contemplate _____ as all that is arising, the change of the season, the beautiful sunrise, the breath that sustains me, the great perfection of this and every moment.

(Bow & put palms out in front)

I commune with _____ when I love and forgive others, my family, my friends, and even my enemies, and for this I gladly offer utter gratitude and devotion.

(Bow & put hands over heart)

I rest in _____ as my own witness and undying self, the loving light within me, a love that is one with all.

(Bow & put arms back in rest position)

**This section is an adaptation from The Integral Life Practice book by Wilber et al., 2008*

Part 3: CONTEMPLATION

Read today's passage with a quiet mind, open ears, and a loving heart.

**Select a passage, quote, or poem from any of the wisdom traditions, mystics, and/or modern contemplative paths, insert the text into each block below, and then read it four times reflecting each time in a different manner; for set daily readings for this practice, see [The Non Dual Way home page at www.thenondualway.com](http://www.thenondualway.com)*

1st Read— Read the words and let them become still in you.

INSERT & READ PASSAGE

2nd Read- Read again and allow the words to connect to your own life.

REPEAT PASSAGE AGAIN SLOWLY

3rd Read— Read a third time and allow your heart to open more fully so that the words inspire and give you direction.

REPEAT PASSAGE A THIRD TIME SLOWLY

4th Read- Read one last time and let your heart digest the words in silence.

REPEAT PASSAGE AND FOLLOW WITH

AT LEAST ONE MINUTE OF SILENCE

SONG (OPTIONAL)

Keeping your mind quiet and heart open, continue to deepen this wisdom through music.

**choose music appropriate to reading*

(INSERT SONG LYRICS)

Part 4: COMMUNION

(read out loud softly and slowly):

Let today’s wisdom move you to be an instrument of positive change where ever you may be. Your desire to lead a meaningful life is satisfied when you do all things with a loving heart. Turn your attention outwardly with an attitude of complete inner stillness so that you may recognize that you and all those you meet are always already one with eternal and infinite love.

[INSERT AN IMAGE THAT REFLECTS YOUR UNDERSTANDING OF GOD/ESSENCE AND SPEND AT LEAST ONE MINUTE MEDITATING ON THE IMAGE IN SILENCE]

In this oneness, send your love outwardly with unbiased and unwavering presence.

(Stretch out arms wide and visualize yourself sending the love you find within outwardly to first your family, friends, state, nation, and eventually the whole world)

Part 5: SERVICE

In this miracle of “We”, may you never forget your supreme duty to be an agent of healing and love. Go forth and share your unique gifts and talents with the world so that all things may be brought to greater depths of wholeness.

(Choose a word that honors your particular religious tradition, lineage, or worldview, such as Namaste, Amen, more silence, etc.)