

## *The Miracle of “We” Devotional Practice*



Date: \_\_\_\_\_

Season: \_\_\_\_\_

### **Part 1: SURRENDER**

(state softly and slowly):

To begin, let us now relax our hands, close our eyes, and let our heads hang down (pause),

Let us now breathe in deep, quiet our minds, and begin to open our hearts 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](http://www.thenondualway.com)

### **Part 2: RECOGNITION**

#### **Bell**

(state softly and slowly):

As we let go of our thoughts, fears, and anxieties, let us now come together and strengthen our awareness of \_\_\_\_\_ (use your preferred name for “God” or “Essence”):

*(Put hands opened upward)*

***We contemplate \_\_\_\_\_ as all that is arising, the change of the season, the beautiful sunrise, the breath that sustains us, the great perfection of this and every moment.***

*(Bow & put palms out in front)*

***We commune with \_\_\_\_\_ when we love and forgive others, our family, our friends, and even our enemies, and for this we gladly offer utter gratitude and devotion.***

*(Bow & put hands over heart)*

***We rest in \_\_\_\_\_ as our own witness and undying self, the loving light within us, 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 out loud softly and slowly)

Let us now listen to today’s reading with quiet minds, open ears, and loving hearts.

*\*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)***

***1<sup>st</sup> Read— Listen to the words and let them become still in you.***

INSERT PASSAGE , PAUSE

***2<sup>nd</sup> Read- Allow the words to connect to your own life.***

REPEAT PASSAGE AGAIN, PAUSE

***3<sup>rd</sup> Read— Open your heart more fully so that the words inspire and give you direction.***

REPEAT PASSAGE A THIRD TIME, PAUSE

***4<sup>th</sup> Read- Let your heart digest the words in silence.***

REPEAT PASSAGE AND FOLLOW WITH

***AT LEAST ONE -THREE MINUTES OF SILENCE***

#### SONG (OPTIONAL)

Keeping our minds quiet and our hearts open, let us 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 us to be instruments of positive change where ever we may be. Our desire to lead a meaningful life is satisfied when we do all things with a loving heart. Let us now turn our attention outwardly with an attitude of complete inner stillness so that we may recognize that we 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]**

(after silence, read out loud softly and slowly):

In this oneness, let us now greet each other with unbiased presence and unwavering love.

*(hug or shake hands with those in the group)*

## Part 5: SERVICE

(read out loud softly and slowly):

In this miracle of “We”, may we never forget our supreme duty to be agents of healing and love. Let us now go forth and share our unique gifts and talents with the world so that all things may be brought to greater depths of wholeness.

**Together we proclaim:**

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