

Summary of Meditation on Awakening in Life:
January 17,2012

We read from the chapter in Life Is A Pilgrimage by Pir Vilayat Inayat Khan on Bringing Spirituality Into Daily Life (pg.120-124) which discuss how the ancients defined a space within the temple called the sanctum sanctorum, or the Holy of Holies. In many spiritual disciplines today we also find the idea of a sacred space within the human being, a space which is undefiled by the ugliness and selfishness one can find in life. Rather than simply retreat into such a space like in some traditions, the Sufi would recommend uniting such a space, even while keeping it protected, to the ebb and flow of life.

In other words, it is key to our development as spiritual beings to uncover the inner space by meditation, then learn in some way to toggle one's experience in life with this space. Some bridging meditations were introduced to integrate our experience. One included imagining a double spiral of energy by which the sacred energy was brought into the Earth by a downward spiral and complementarily the Earth energy was brought up to the sacred domain, as we breathed in and out.

Another used a visualization of the heart (actually the inner, yogic heart in the middle of the chest) as the place where, through compassion, the energy of Heaven meets the energy of the Earth. We come to understand that our own love can make a difference in life as we are fully involved yet aware of our contribution.

There is a song:
"May the Heavens be reflected in the Earth, Lord,
That the Earth may turn into Heaven"

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Thank you.

Diane

