

5. Led Meditation



Welcome, for this session we are looking at our connection to each other and how community can benefit our faith and our environment.

You may have heard of 'Satsang' which is a hindi term from sanskrit meaning to commune with others and share knowledge.

Everyone is invited to gather, where we would like to conduct the session in a circle, so we are in commune with each other.

If you don't want to participate that is also fine, if you prefer you can use this sheet to have a self-led experience.

There are various poems and reflections available on the sheet to read and contemplate on.

6. Activity

7. Time for self-led reflection

Now we want to give you some time to reflect on your own or collectively, carry on discussion, do some writing, drawing, however you feel concerning what we've been looking at.

8. Closing reading



All image sources can be found: <https://www.pinterest.co.uk/adpoole93/to-see-a-world/>

1. William Blake - To see a World

To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.

A Robin Redbreast in a Cage
Puts all Heaven in a Rage.
A dove house fill'd with doves and pigeons
Shudders Hell thro' all its regions.
A Dog starv'd at his Master's Gate
Predicts the ruin of the State.
A Horse misus'd upon the Road
Calls to Heaven for Human blood.
Each outcry of the hunted Hare
A fiber from the Brain does tear.

He who shall train the Horse to War
Shall never pass the Polar Bar.
The Beggar's Dog and Widow's Cat,
Feed them and thou wilt grow fat.
The Gnat that sings his Summer song
Poison gets from Slander's tongue.
The poison of the Snake and Newt
Is the sweat of Envy's Foot.

We chose that poem because it's about perspective really. How you see, a grain of sand or a flower, each of them both reflects and contains aspects of a whole, part of the oneness of the universe. Oneness is in the flower, the oneness that makes up the world and the grain of sand. Seeing divinity in the mundane. Today we want to specifically look at how being in community can promote this way of looking at the world.

A human being is part of the whole called by us universe, a part limited in time and space. We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined primarily by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive. — Albert Einstein

A truth that's told with bad intent
Beats all the Lies you can invent.
It is right it should be so;
Man was made for Joy and Woe;
And when this we rightly know
Thro' the World we safely go.

Every Night and every Morn
Some to Misery are Born.
Every Morn and every Night
Some are Born to sweet delight.
Some are Born to sweet delight,
Some are Born to Endless Night.

The Power of Group Prayer and Meditation

There have been studies to try and prove the existence of a ripple effect of peace in the surrounding environment when a group meditates together. According to the unified field superstring theory in physics, waves of vibration flow from everything in the universe affecting the collective consciousness. Groups have the power to enliven that field. Cellular biologist Bruce Lipton states in his book "Biology of Belief" that our consciousness can change the physical world around us by altering the field. An interesting experiment tested a theory called "The Maharishi Effect" in Merseyside, England. A number that exceeded one percent of the population meditated together every day from 1988 to 1991, and the crime rate dropped so much that Merseyside went from third highest to the lowest-ranked city in England during the time of the analysis. Meanwhile, the control town of non-meditators held a steady crime rate. Meditation was the only factor in the study that could account for the change, as the scientists calculated that police practices, local economics, and demographics remained the same throughout the study.

(sourced from yogainternational.com)

Scientific Research in Universal Oneness and Connection

David Joseph Bohm an American theoretical physicist who contributed unorthodox ideas to quantum theory, neuropsychology and the philosophy of mind. Bohm wanted to explore the true nature of reality by taking into account the broadest possible range of data and methods of inquiry, so his studies into physics were also supported by spiritual teachings and art.

Bohm began by asking what the twin pillars of the new physics — relativity theory and quantum theory — had in common, and he discovered that it is wholeness. Both theories proposed that the universe is a single integral whole, from the tiniest atoms to the largest galaxies. Building upon this foundation over 30 years of rigorous scientific work, Bohm emerged with the hypothesis that the essence of the universe is what he called the holomovement. 'Movement' means that the nature of existence is a process of continual change, and 'holo' means that it has a kind of holographic structure, in which each part contains the whole. In Bohm's words, "The cosmos is a single, unbroken wholeness in flowing movement," in which each part of the flow contains the entire flow. *(sourced from William Keepin, PhD, medium.com)*

2. Discussion - Why do we gather?