

Bethany Class 1: October 24, 2016

Glossary of Terms:

- Vipassana: Clear seeing in Pali, often translated as Insight Meditation
- Three Jewels (Triple Gem or Three Refuges): Buddha (the historical Buddha or the capacity within each of us to awaken), Dharma (the teachings of the Buddha or the ultimate Truth towards which these teachings point), Sangha (community of followers of the Buddhist path both past and present)

Select Quotes:

Oh, nobly born!
Oh, you of glorious origins,
Remember your radiant, true nature
Remember the essence of mind.
Trust it.
Return to it.
Know it as home.
-Traditional Tibetan prayer

“Nature is filled with words of love, but how can we listen to them amid constant noise, interminable and nerve-wracking distractions, or the cult of appearances? Many people today sense a profound imbalance which drives them to frenetic activity and makes them feel busy, in a constant hurry which in turn leads them to ride rough-shod over everything around them. This too affects how they treat the environment. An integral ecology includes taking time to recover a serene harmony with creation, reflecting on our lifestyle and our ideals, and contemplating the Creator who lives among us and surrounds us, whose presence “must not be contrived but found, uncovered”.

-Laudato Si 155, Pope Francis

When you pray, you visit the kind innocence of your soul. This is a pure place of unity which the noise of life can never disturb. You enter the secret temple of your deepest belonging. Only in this temple can your hungriest longing find stillness and peace. This is summed up in that lovely line from the Bible “Be still and know that I am God.” In stillness, the silence of the divine becomes intimate.

-John O’Donohue, *Eternal Echoes* (p. 206-207)

The important thing is not to think much but to love much; and so do that which best stirs you to love.

-Teresa of Avila

Books mentioned:

Fully Human, Fully Divine by Fr. Michael Casey, OCSO