

Transforming the Body, Heart, and Mind

Refining the Body

Universal Worship, April 9, 2023

HINDUISM:

Inundated with the pure,
Endlessly flowing stream of nectar
Of the supreme knowledge
That all is one,
When, O Lord, shall I realize absolute identification
Between you and my physical form,
And obtain neverending bliss?
-*Shivastotravali* of Utpaladeva 12:17 (trans. CR Bailly)

BUDDHISM:

The Master Ta-Yang Shan-K'ai addressed the assembly: "The blue mountains are constantly walking. The stone woman gives birth to a child in the night." The mountains lack none of their proper virtues; hence, they are constantly at rest and constantly walking. We must devote ourselves to a detailed study of this virtue of walking. The walking of the mountains is like that of people: do not doubt that the mountains walk simply because they may not appear to walk like humans. These words of the Patriarch point out the fundamental meaning of walking, and we should thoroughly investigate his teaching on "constant walking." Because the blue mountains are walking, they are constant. Their walk is swifter than the wind; yet those in the mountains do not sense this, do not know it. To be "in the mountains" is a flower opening " within the world." Those outside the mountains do not sense this, do not know it. Those without eyes to see the mountains do not sense, do not know, do not see, do not hear this truth. Those who doubt that the mountains walk do not

yet understand their own walking. It is not that they do not walk, but that they do not yet understand, have not made clear, their walking. Those who would understand their own walking must also understand the walking of the blue mountains. The blue mountains are neither sentient nor insentient; the self is neither sentient nor insentient. Therefore, we can have no doubts about these blue mountains walking.

-Dogen, *Mountains and Rivers Sutra* (trans. Karl Bielefeldt)

ZOROASTRIANISM:

Since, O Mazda, from the beginning Thou didst fashion for us physical bodies, discerning souls, and directive intelligences through Thy own Mind; since Thou didst infuse life-breath into mortal bones, since Thou didst grant us capacities to act and true doctrines to guide so that one could choose beliefs at will; Since then, each lifts up their voice to proclaim their faith, whether a liar or a truthful speaker, whether learned or unlearned, according to their own heart and mind; but Aramaiti [the spirit of Devotion] stands by to deliberate with the spirit of whoever is perplexed by doubt.

-*Yasna 31:11-12* (trans. FA Bode)

TAOISM:

The five colors make our eyes blind;
The five notes make our ears deaf;
The five tastes injure our palates;
Riding and hunting
Make our minds go wild with excitement;
Goods hard to come by
Serve to hinder our progress.
Hence the sage is
For the belly

Not for the eye.

Therefore he discards the one and takes the other.

-*Tao Te Ching 12* (trans. Lau, adapted for gender)

INDIGENOUS:

The salmon are disappearing because of the pollution and dams just like the buffalo, the passenger pigeon, and many other species have disappeared. But the most endangered species in the world today, let me tell you, is us, we are the endangered species. We are a part of nature. We are part of this earth, we are a part of everything that lives. If you don't know how to be a human being you'll never be spiritual.

-Janet McCloud, Tulalip Elder

JUDAISM:

Then he led me to a gate, the gate that faced east.

And there, coming from the east with a roar like the roar of mighty waters, was the Presence of the God of Israel, and the earth was lit up by His Presence.

-*Ezekiel 43:1-2* (trans. JPS, 1985)

CHRISTIANITY:

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:19-20 (trans. NIV)

And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the money changers, and the seats of them that sold doves, And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.

-*Matthew 21:12-13* (trans. KJV)

ISLAM:

And their Prophet said to them: Truly, a sign of his dominion is that there would approach you the Ark of the Covenant. In it is tranquility [*sakinah*] from your Lord, and abiding wisdom of what the people of Moses left, and the people of Aaron. And the angels will carry it. Truly, in that is a sign for you if you had been ones who believe.

Quran 2:248 (trans. Laleh Bakhtiar)

Sakinah is a sweet breeze, whose face is like the face of a human.

-Ali bin Abi Talib

TRUTH:

Nature in general in its various aspects is the materialization of that Light which is called divine Spirit; but not everything in nature has what man understands by soul, for he recognizes only that ray which functions in the human body as a soul. He does not recognize the ray which functions in the lower creation to be the same, although it comes from the same source. There are two things: there are the rays, and there is light from which they spring. If the rays are the souls of living beings, then the light of that same divine Sun is the spirit of the whole of nature. It is the same light; but not divided, not distinct, as are the rays which we call souls. Why has nature its different aspects? If the spirit behind it is one, why is everything in nature separate and different? Creation is a gradual evolution of that light which is the source and goal of all beings.