

UW Scripture
November 10, 2024
“Meditation”

Hinduism

When meditation is mastered,
the mind is unwavering
like the flame of a lamp
in a windless place.
In the still mind,
in the depths of meditation,
the Self reveals itself.
Beholding the Self by means of the Self,
an aspirant knows the joy
and peace of complete fulfillment.
Having attained that abiding joy
beyond the senses,
revealed in the still mind,
they never swerve from the eternal truth.
They desire nothing else
and cannot be shaken by the heaviest burden of sorrow.

--Bhagavad Gita 6:19-22 (Eknath Easwaran trans.)

Buddhism

Just as a bird with undeveloped
wings cannot fly in the sky,
those without the power of higher perception
cannot work for the good of living beings.
The merit gained in a single day
by one who possesses higher perception
cannot be gained even in 100 lifetimes
by one without such higher perception.
Those who want swiftly to complete
the collections (practices) for full enlightenment;
[they] will accomplish higher perception
through effort, not through laziness.
Without the attainment of calm abiding,
higher perception will not occur.
Therefore, make a repeated effort
to accomplish calm abiding.
When the practitioner has gained calm abiding,
higher perception will also be gained,

but without practice of the perfection of wisdom,
the obstructions will not come to an end.

--*Lamp for the Path to Enlightenment, Atisha (Buddhist Master)*

Zoroastrianism

Thou art Divine, I know, O Lord Supreme.
Since Good found entrance to my heart through Love;
this taught me that for steady inner growth,
quiet and silent meditation is best.

--*Yasna 43.15 (https://zoroastrians.net/wp-content/uploads/2016/01/book_on_gatha_final.pdf)*

Taoism

Keeping emptiness as their limit
and stillness as their center
ten thousand things rise.
We watched them return.
Creatures without number
return to their roots.
Returning to their roots they're still.
Being still they revive.
Reviving they endure.
Knowing how to endure is wisdom.
Not knowing is to suffer in vain.
Knowing how to endure is to yield.
To yield is to be impartial.
To be impartial is to be the ruler.
The ruler is Heaven.
Heaven is the Way
and the Way is long life,
a life without trouble.

--*Tao Te Ching (Red Pine trans.)*

Indigenous

Behold me,
the four quarters of the earth,
relative-like I am.
Give me the power to see
and the strength to walk.
The soft earth, relative-like I have been.
Give me the eyes of power
and the strength of knowledge
so I may be like unto you.
With your strength
I may face the winds.
In facing the winds,
may you behold me.
May I have the power of the winds.

--Standing Bear, Lakota Elder

Judaism

Happy is the man who has not followed the
counsel of the wicked
or taken the path of sinners
or joined the company of the insolent;
rather, the teaching of the Lord is his delight
and he studies that teaching day and night.
He is like the tree planted beside streams of water,
which yields its fruit in season,
whose foliage never fades and whatever it produces thrives.

--Psalms 1:1-3, JSP Tanakh

Christianity

For to set the mind on the flesh is death,
but to set the mind on the Spirit is life and peace.

--Romans 8:6, New Testament

Do not be conformed to this world,
but be transformed by the renewal of your mind,
that by testing you may discern what is the will of God,
what is good and acceptable and perfect.

--Romans 12:2, New Testament

Islam

What does it mean to learn the knowledge of God's Unity?
To consume yourself in the presence of the One.
If you wish to shine like day,
burn up the night of self-existence.
Dissolve in the Being who is everything.
You grabbed hold of "I" and "we,"
and this dualism is your ruin.

--Mathnawi I, 3009-12, Jalaluddin Rumi (Camille and Kabir Helminski trans.)

There is no rest, but in that place where you are alone with God.

--Mathnawi II, 591, Jalaluddin Rumi (Camille and Kabir Helminski trans.)

Truth

If a person does meditation only for fifteen minutes in the evening and then forgets altogether about it all day, he does the same thing as going to church on Sunday and the other days of the week forgetting all about it.

--The Inner Life, Volume I pg. 113, Hazrat Inayat Khan