

# **Universal Worship**

**May 11, 2025**

## **“Sanctuary for Engaged Listening”**

### **HINDUISM:**

5. In the absolute sense, pleasure and suffering, subject and object, are nothing other than the space of profound consciousness.

6. 7. To grasp this fundamental truth is to see absolute freedom everywhere. Thus, the activity of the senses itself dwells in this fundamental freedom and pours forth from it.

8. Therefore, the person who rediscovers this essential sacred tremor of consciousness escapes the dim confusion of limited desire.

9. Liberated in this way from the multiplicity of impulses tied to the ego, he experiences the supreme state.

48. The energy of the sacred tremor that passes through the vulgar person enslaves him, whereas this same energy liberates the person who is on the Path.

-Spandakarika (trans. Daniel Odier)

38. Enter the center of spontaneous sound which resonates on its own like the uninterrupted sound of a waterfall. Or, sticking your fingers in your ears, hear the sound of sounds and reach Brahman, the immensity.

39. O Bhairavî, sing OM, the mantra of the love union of Shiva and Shakti, slowly and consciously. Enter the sound and when it fades away, slip into freedom of being.

40. Focus on the emergence or the disappearance of a sound, then reach the ineffable plenitude of the void.

41. By being totally present to song, to music, enter spatiality with each sound which rises and dissolves into it.

-Vijnanabhairava Tantra (trans. Daniel Odier)

### **BUDDHISM:**

We evoke your name “Avalokiteshvara”. We aspire to learn your way of listening, in order to help relieve the suffering in the world.

You know how to listen in order to understand. We evoke your name in order to practise listening with all our attention and open heartedness. We will sit and listen without any prejudice. We will sit and listen without judging or reacting. We will sit and listen in order to understand. We will sit and listen so attentively that we will be able to hear what the other person is saying and also what the other person is leaving unsaid. We know that, just by listening deeply, we alleviate a great deal of pain and suffering in the other person.

-Evocation of Avalokiteshvara, Thich Nhat Hanh

### ZOROASTRIANISM:

Answer me aright that which I ask Thee, O Ahura. Disclose to me Thy Revelation which is best for all the living and which, hand in hand with Asha, furthers the primal elements of my being, guiding my actions aright through the inspired words of Aramaiti. Hence, the fervent desires of my Perceptive Wisdom shall lead to Thee, O Mazda.

-Gathas 44:10 (trans. FA Bode)

### TAOISM:

The five colors blind the eye.

The five tones deafen the ear.

The five flavors dull the mouth.

Racing through the field and hunting make the mind wild.

Searching for precious goods leads astray.

Therefore, the sage attends to the belly,

And not to what he sees.

He rejects the latter and chooses the former.

-Taoteching 12 (trans. Stefan Stenudd)

"I venture to ask what the 'fasting of the mind' is," said Hui.

"Maintaining the unity of your will," said Confucius said, "listen not with your ears, but with your mind. Listen not with your mind, but with your primal breath. The ears are limited to listening, the mind is limited to tallying. The primal breath, however, awaits things emptily. It is only through the Way that one can gather emptiness, and emptiness is the fasting of the mind."

-Chuang-tzu. (trans. Mair)

## INDIGENOUS:

A Wintu woman of the same generation harkened back to her own childhood, describing her grandfather at his prayers. Every morning, he'd get up early, splash his face with water, and begin to pray. "He prayed to Oelbes, He-Who-Is-Above, the Wintu world creator. He also prayed directly and intimately to the things around him—to the rocks, trees, salmon, acorns, sugar pine, water, and wood." And, "at the end of his life, he talked to the world—sharing his sadness and regret—as one might talk to an old and very trusted friend."

-Ref: <https://www.lionsroar.com/how-to-listen/>

## JUDAISM:

Listen, O coastlands, to me,  
And give heed, O nations afar:  
GOD appointed me before I was born,  
Naming me while I was in my mother's womb.

My mouth was made to be like a sharpened blade,  
While I was hidden in the shadow of a divine hand,  
So that I was like a polished arrow—  
Concealed in God's quiver.

And [God] said to me, "You are My servant,  
Israel in whom I glory."

-Isaiah 49:1-3 (Revised JPS, 2023)

## CHRISTIANITY:

He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.

He that hath an ear, let him hear what the Spirit saith unto the churches; He that overcometh shall not be hurt of the second death.

He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

He that hath an ear, let him hear what the Spirit saith unto the churches.

-Revelation 2: 7, 11, 17, 29 (KJV)

ISLAM:

Listen to the musicians.  
Listen with your heart.  
Listen with your skin.  
Doors open.

When melodies flood our ears,  
scorpions in the mind drown.  
Sorrow loses its sting.

Honeyed notes on a singer's lips  
sweeten mine.

Round after round of joy  
and no one has drunk  
even a drop of wine.

Music, the sweetest orator of all,  
has climbed into the pulpit.

I'll sell my tongue now  
and buy a thousand ears.  
-Rumi (trans. Gafori)

TRUTH:

Our Beloved is that which is our Source and our Goal. And what we see of our Beloved before our natural eyes is the beauty which is before us. And that part of our Beloved which is not manifested to our eyes is that inner form of beauty of which our Beloved speaks to us. If only we will listen to the voice of all the beauty that attracts us in any form, we shall find that in every aspect it tells us that behind all manifestation is the perfect Spirit, the Spirit of Wisdom.

-Hazrat Inayat Khan