

Order of Meeting – Sunday 13th April – 5.30pm

MEDITATION – MOMENT-TO-MOMENT AWARENESS with Janet Gomez

PRELUDE MUSIC (approx. .3 minutes listening to music by Luc Acke based on the Ganesha mantra)

WELCOME (including statement of UU principles)

Brief Explanation about mantra & meditation

My experience of meditation comes via my training with the Sivananda organisation in yoga and via the Ayurvedic Institute in Ayurveda

Yoga – union of the self with the Self

Ayurveda – the science/art of living/life balance

We are using mantra (manas – mind ; tra – protect) a practice to protect the mind from going into its usual rhythm. It is a sound/series of sounds used to aid concentration and guide meditation practice to experience a state of awareness/consciousness that is accessible to us at every moment so that we stay centred & balanced.

We opened with a chant based on the mantra to Ganesha

Om Gam Ganapataye namaha

Ganapate, another name for Ganesha, the Hindu aspect of the Divine energy that is embodied as a being with an elephant's head. which removes obstacles. This energy that allows us to organise and align our lives properly by understanding categorical realities – *gana = category*. Ganesha lost his head while guarding his mother's, Parvati's, chambers. To cut a long story short, his father, Siva, cut it off in anger when he was prevented from entering his wife's chambers. However, in response to Parvati's upset and anger, he replaced it with an elephant's head as it was the first animal seen afterwards facing North.

Here we call upon the energy of Ganesha to be with us through this meeting so we can experience all we need to experience without impediment by being truly aligned. By Chanting in Sanskrit – considered to be the language of the gods – we can experience the concept of *namarupa* - the vibration of the name/word creates the form in our physiology.

Hinduism is the dominant religion of the Indian subcontinent, consisting of many diverse traditions and a wide spectrum of laws & prescriptions. It is a categorisation of distinct intellectual or philosophical points of view, rather than a rigid, common set of beliefs. So it may be considered to be similar to UU in principle?

We will close the service with a chant in Sanskrit to wish happiness to all in the world

Lokah samastah sukhino bhavantu

Join me in chanting/listening to this mantra

Om Gam Ganapataye namaha (3x)

Salutations & prostrations to Lord Ganesha

LIGHTING OF THE CHALICE (Karin)

FELLOWSHIP SONG

–

“Spirit of Life”

Carolyn McDade

Spirit of Life, come onto me.

Sing in my heart all the
stirrings of compassion.

Blow in the wind, rise in the sea;

Move in the hand giving life the shape of justice.

Roots hold me close, wings set me free;

Spirit of Life, come to me, come to me!

Source de vie,

viens comble moi,

Chante dans mon cœur tous les
sentiments de grâce.

Souffle dans le vent, vogue sur la mer,

Coule dans mes mains, vie d'espoir et de justice.

Terre nourris moi, ciel emporte moi,

Source de vie, viens vers moi, viens vers moi.

CANDLES OF JOYS AND CONCERNS (*Reva*)

CONVERSATION WITH THE YOUTH

SINGING THE YOUTH TO THEIR ACTIVITY

Go now in peace, Go now in joy.

Let the spirit of love surround you
everywhere, everywhere you may go.

GUIDED MEDITATION PRACTICE (20 mins)

This practice is one that I learned from my teacher, Dr Vasant Lad, who heads the Ayurvedic Institute in Albuquerque, NM. He describes meditation as being “moment to moment awareness” .

This practice, essentially one of concentrating on the breath, is to assist us to reach a meditative state. The more often we reach a space of meditation, the easier it becomes to integrate it into our daily lives

– SO HUM – following the natural rhythm of the breath to

Inhale “So” – our Higher Consciousness ; Exhale “Hum” – our Ego

DISCUSSION – Sharing of a few experiences of the guided meditation practice or of a meditative state experienced in our daily life

Youth return

OFFERING & SONG

Simple Gifts (from songs in UU booklet)

ANNOUNCEMENTS

CLOSING SONG

Lokah samastah sukhino bhavantu – May all the beings in all the world be happy

CLOSING WORDS (Karin/ Liz)