

Heart felt discussion
of our highest Truth



Remembrance
of The One

Through
Sound & Silence

Meditation
Self Inquiry
Contemplation

Celebrating
The Divine Self
as All



The Open Way Now appearing at:

Unity of Stuart FL

Weekly explorations starting

Tuesdays at 7pm

March

6, 13, 20, 27

With Rev. Shanti Scott

email:

IamAwakeNowWhat@yahoo.com

Phone (also AvaTaraDesign):

(415) 251-3737

www.IamAwakeNowWhat.us

www.meetup.com/Stuart-

Nonduality-Beyond-Meetup

The Open Way Gatherings

Nonduality ~ not two

Meditation ~ Oneness

Unity Consciousness

Currently held in:

Dade, Broward,

Palm Beach, & Martin,

Counties, Florida

Marin, & Santa Clara,

Counties, California

The Open Way

gatherings calendar:

www.meetup.com/theopenway

Founder of The Open Way

Cory Bright

eMail: cory@theopenway.org

Phone: (954) 330-7586

www.theopenway.org

The Open Way

Satsang

Tuesday night 7pm



© Unity of Stuart

Nonduality and Beyond

March 6, 13, 20, 27

Contemplative Prayer Meditations



www.IamAwakeNowWhat.us

Some inspiration from some of the teachers we will be sharing from this month:

Meister Eckhart~

"If the only prayer you ever say in your entire life is thank you, it will be enough."

"There exists only the present instant... a Now which always and without end is itself new. There is no yesterday nor any tomorrow, but only Now, as it was a thousand years ago and as it will be a thousand years hence."

"The eye with which I see God is the same eye with which God sees me."

Thomas Keating~

"Silence is God's first language: everything else is a poor translation."

"The fact that we experience anxiety and annoyance is the certain sign that, in the unconscious, there is an emotional program for happiness that has just been frustrated."

"The only way to judge centering prayer is by its long-range fruits: whether in daily life you enjoy greater peace, humility and charity."

James Finley~

"Spiritual reading, discursive meditation, and prayer prepare our hearts for contemplation. Contemplation is a state of realized oneness with God. When engaged in contemplation, we rest in God resting in us. We are at home in God at home in us. Our role in contemplation is essentially receptive, in that when we are engaged in contemplation we receive a gift of divine awareness."

The Christian mystics use the terms contemplation and mystical union with God to refer to a life-transforming realization of oneness with God.

In this mystical realization of oneness with God we are liberated from our tendencies to derive our security and identity from anything less than God. In specifically Christian terms, we enter the mind of Christ, who realized oneness with God to be the reality of himself and of everyone and everything around him."

Cynthia Bourgeault~

"As we enter the path of transformation, the most valuable thing we have working in our favor is our yearning."

"Kingdom of Heaven is really a metaphor for a state of consciousness."

"Somehow when the heart becomes single, the rest will follow."

"Somewhere in those depths of silence I came upon my first experiences of God as a loving presence that was always near, and prayer as a simple trust in that presence."