

Outline of our initial conversation January 9, 2021

Session One: QUANTUM CONNECTING

USING "ZOOM" AS EMERGENT SPIRITUAL DEEPENING PRACTICE

Evolving our human capacity of non-local presencing

- a new/fresh non-geographic/non-local sense of **"here" TOGETHER!**
- an experience of "sensing into" a delicate and subtle **REAL** that is more than the "me", or "we" that I know.
- a sensing into a mysterious, tangible "something" that holds "me/we."

OUR PRESENT SITUATION AS EVOLUTIONARY OPPORTUNITY.

Intention of our sessions:

- **Mutuality of discovery and insight.**
Gabe will host and offer an introduction and closing to each session. Participants are invited (and depended on!) to contribute to the creative unfolding of our experience together.
- **Primacy of our experience together.**
We will "practice" a suggested meditation and then offer reflection. The "text" for our time together will be our experience as it unfolds during the 90 minutes we share. We are together as partners in exploring ... giving attention to what we do not yet know.
- **Giving fresh attention to "thinking":** that capacity of our beautiful frontal lobes that allows us to be consummately curious and to synthesize and integrate the new and not yet. This is in contrast giving the bulk of our attention to what Robert Sardello calls "thoughting" – the constant rehashing of what I already know in order to persuade, validate and deem right/correct.
- **How we "language" our experience "matters"** Our words and stories offer both possibility and boundary.

Practices offered during our session to experiment with:

1. Learning how to hide and recover "self-view" on Zoom screen – noticing what happens in my experience as I see myself and then turn off my picture, and then include it again in the group.
2. Taking the attention to the body, grounding in physical sensation: feet, legs, pull of gravity in the trunk and arms; the shoulders and position of head on spine... becoming fully physically present, relaxed and attentive to experience.
3. Then taking the attention to ambient sounds, and then to the silence/stillness that is "behind" and/or "holds" the sounds. Sensing Silence as "here" and "present".

4. Taking attention to the felt **experience** of "me" and then "we" – perhaps eyes open, seeing the others, or closed – toggling the body slightly forward/backward to help with a sense of "me" and "we".
5. Simultaneity of attention "in" hands and noticing shift in physical experience of hands:
 - a. Relaxing and settling;
 - b. Holding the hands in a comfortable position; opening to physical experience and simple noticing;
 - c. Becoming aware of the experience of breathing; placing attention "into" the breath. Letting attention be "in" the breath like a fish is in the water....
 - d. After some steadiness with attention "in" the breath, sift attention "into" one hand or both (important that attention is "in" not "on" ...).
 - e. After some steadiness with attention "in" the hand/s, widen aware to include noticing any physical sensations in what is called "hands".

Personal life-threads/experiences converge to bring us **here**:

- What we **know** (learned/believe)
- What we have **experienced**,
- What we **do not yet know...**
(some impulse pushing, cheering us on!)

Personal/private reflection questions until we meet Feb. 13:

(To ground your experience and to offer a fresh affirmation of possibilities for our own exploration)

What is bringing us together in these monthly explorations?

1. Spend some time in reflecting on the convergent threads in your own life and spiritual deepening experience that can help support and encourage further curiosity in our exploration together this year.
2. Pay particular attention to anything you might call a unitive experience, and the presence of teachers, ancestors, helpers that encouraged you to continue deepening.
3. Do you have a sense of "something" behind it all, perhaps in the same way you sense into the Stillness/Silence behind all sound and activity? How would you name it/describe it?

Foundational to our conversation from Gabe's view:

- Soul as bigger than the "me" I claim to know.
- Impulse to evolve as bigger than "my" impulse to grow
- Placing of attention is really something. It can be felt!

Illustrative Threads of what Gabe knows:

(Gabe's Learning/Study)

- Process Theology: Our God-understanding is in constant flux and revelation. All is ever unfolding.
- Depth Psychology: We share a collective human consciousness and interiority.
- Phenomenology: Intention, subjectivity and experience shape and influence our imagination and creativity.
- St. Francis: We all share a divine source; we are all kin. The human form and the full arc of human experience is worthy/good enough to manifest divine incarnation.
- St. Hildegard of Bingen: Like the heart is in the body, the body is in the Soul.
- Teilhard de Chardin / Thomas Berry: Earth is complexifying and evolving consciousness thru human capacities and awakening. Human consciousness is Earth consciousness coming into reflective awareness in human form. ("Electric" and sparking!)
- World view of Theosophy
*O Hidden Life, vibrant in every atom;
O Hidden Light, shining in every creature;
O Hidden Love, embracing all in Oneness;
May all who feel themselves as one with Thee,
Know they are therefore one with every other.*
(Theosophical Mantra by Annie Besant)
[Microsoft Word - O HiddenLife Rev-B.doc \(theosophical.org\)](#)
- World view of our Christine Center Morning Prayer
*In the Name of the One God,
Mother-Father of us all and everything
We are one Mind in the Light of Holy Wisdom
We are one Heart in the Radiance of Pure Love
We are one Body in the Resonance of Divine Power
All of creation is One, in Light and Love and Power
As it was in the beginning, is now, and ever shall be. Amen.*
Prayer recited daily at the close of The Christine Center week-day on-line morning meditation. Our meditations times are Mon.-Fri. 8:45am and 5:00pm. All are welcome.

To find the daily meditation link click here:

www.christinecenter.org

Illustrative Threads from Gabe's experience:

(Gabe's accumulated sense of possibility)

- Mindfulness and Vipassana meditation: the direct experience of inter-being (Thich Nhat Hanh)
- Continual Blossoming (Gail Worcelo and Marg Kehoe / website: [Welcome to Sacred Ground](#))
- We-space (Patricia Albere / website: [Discover the Mutual Awakening Practice with Patricia Albere \(discovermutualawakening.com\)](#))
- One World in Dialogue (Thomas Steinger and Elizabeth Debold / website: [One World in Dialogue | co-creating a global we-space to birth a new activism](#))
- Integral Spiritual Psychology (Robert Sardello / website: [Soul Wandering - ROBERT SARDELLO -- INTEGRAL SPIRITUAL PSYCHOLOGY](#))

Thank you for joining me in the discovery of what I do not yet know by participating in our monthly Saturday morning sessions thru 2021.

Let's together be willing (brave) curious for Mystery in an "Elder" way, as we approach what has never been before.

Here is the way forward as I see it:

- To affirm what we don't know... We will be walking into mystery together.
- To go for that which is transpersonal... bigger than the "me I know."
- To engage for the sake of the common good.
- To be willing to hold the "friction" of opposites as we enter into creative possibilities.
- By our venture, to intend blessing without exception.
- To take the long view. We are evolving together.

How about you?

Come as you can, and feel free to invite a friend!

We will use the same link each time.

Please call the center to register them so that we have some idea of the number that plan to attend. It helps us plan for tech help as needed.

The Christine Center offers these Saturday sessions to the Christine Center community of friends, guests, volunteers, and supporters as gift without cost. If you can offer a donation in return, we would welcome it with heartfelt gratitude in these challenging times.

Website: [Support Our Mission - The Christine Center](#)

Blessings for resilience, ease and all good -- in all ways.