



Hosted by Wisdom Waypoints - September 24, 2022

Follow up Resources

1) The music played beforehand was a Gurdjieff/de Hartmann piece called “Fragments from the Struggle of the Magicians: III Fragments No. 3” played by Jeroen van Veen. [Listen HERE.](#)

2) Find [Chanting resources HERE](#). You will find some of the chants we worked with when you click on Darlene Franz, including:

Inner life of Being, bearing Christ within us, come
Abide in me as I abide in you, we are one, we are one
Lord as you will, Lord as you know, have mercy, have mercy

Also Tony Martin chant:

We swim in mercy, as in an endless sea

3) Find the Body Prayer we worked with [HERE](#).

4) You can find a guided [Atmosphere Exercise HERE](#).

5) The following is the quote we spent time with in *lectio divina*, from ***Mystical Hope*** by Cynthia Bourgeault

*“So when we think of the mercy, ...
[it is] first and foremost ...*

*a bond,
an infallible link of love that holds
the created and uncreated realms
together.*

*The mercy of God does not come and go,
granted to some and refused to others.*

*...it is unconditional – always there,
underlying everything.
... the force that holds everything in existence,
the gravitational field
in which we live and move and have our being.*

*Mercy is God's innermost being
turned outward
to sustain the visible and created world
in unbreakable love."*

*...We, too - in the words
of Psalm 103 - "Swim in mercy as in an endless sea".*

(p 25)

Wisdom Waypoints is a network of learners and practitioners. From wherever you are please join us online for Centering Prayer Practice sessions, scheduled multiple times a week. Each session is guided by a community leader, and includes a brief opening with sacred gesture, chant, and/or a reading, then a 20 minute Centering Prayer sit. Find times and details for [**online Centering Prayer sits HERE**](#).

Wisdom Waypoints also offers periodic Wisdom Book Practice Circles – to learn and practice together, drawing from the principal teachings of our Wisdom lineage through selected books by Cynthia Bourgeault. Find [**Wisdom Book Circle details HERE**](#).

Visit our website for more resources, community information, and offerings:
[**WisdomWaypoints.org**](http://WisdomWaypoints.org)