



*From Hamburg from the Committee on
Contemplative Spiritual Formation to all our friends in the World.
You are cordially invited to meet us in our bi-weekly contemplative gathering this:*

Saturday 28.01.2023 at:

*8a.m. San Francisco/Vancouver; 9a.m. Denver; 10.a.m. Chicago/Winnipeg/
Mexico City; 11.a.m. Toronto/New York City/Lima; 12 noon Halifax;
1:00 p.m. Sao Paulo/Buenos Aires/Santiago; 4 p.m. London; 5 p.m. Hamburg/
Zurich; 6 p.m. Cairo/Cape Town; 9:30 p.m. New Delhi;
and Sunday 00:01 a.m. Manila/Singapore*

**Very welcome to our meditation on "Enlightened like Meister Eckhart"
Gaia Room, Meditation Chapel**

[If you have registered with the Meditation Chapel but can't find the email with the link that was sent to you, please send an email to dignitytoronto@gmail.com. For new Meditation Chapel users, register ahead of time [here](#).

(<https://meditationchapel.org/gaia-chapel>)

Checking In: My name is Jorge Richard and today I am your facilitator. I give you our greatest and warmest welcome to our program of inner reflection with the hope that you can discover and receive those hidden treasures that will benefit so many of those who are going to experience them today and in the coming days.

As a ground rule for our gathering - for the check-in and for the rest of our gathering today - only share what you are comfortable to do so. I ask everyone to remember that this is a spiritual space of confidentiality and trust.

God is present in all our moments. I invite you to share: your name, what country and city you live in, how you are feeling, and what you are grateful for today.

I will begin the check-in with myself.

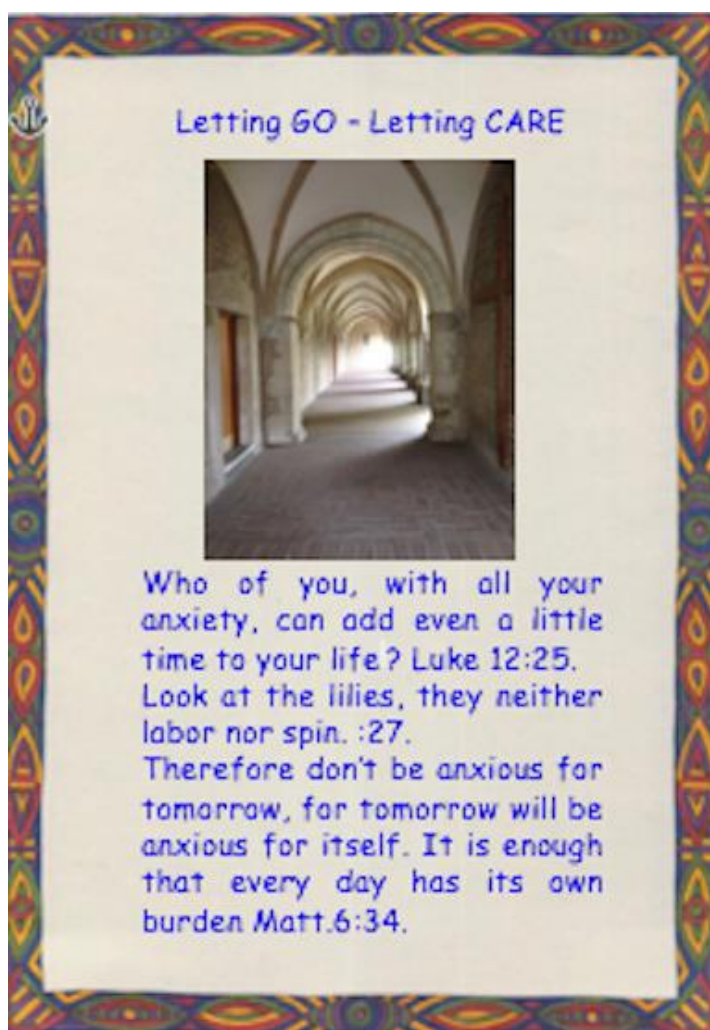
I wish to sincerely thank you for your prayers that accompanied me on January 17 as I remember the passing of my colleague here in Hamburg.

We have been invited and asked to collaborate at the international meeting

from 3 to 6 February 2023 in Prague for European LGBT+ Catholics before the meeting of the European Continental Synodal Assembly.

I will personally represent the GNRC Contemplative Spiritual Formation Committee. For this reason, I have adapted today's theme and procedure to this great event, and I would ask you again to remember us in your prayers for this reason. More information will be given at the end of our current meeting.

I will read a Prayer that evokes the desire to be calm. Afterwards we will see a video about Centering Prayer and after that we will spend 15 min. in silent prayer.



---> > > <https://youtu.be/lkV-A29oajw>

I will then present you with thematic reference points in preparation for our collaboration in Prague asking you to give me your opinion on the content of both presentations and more than anything on their form.

The first is an exposition of thoughts collected from writings of Meister Eckhart in the form of a Video. **Please try to pay more attention to the form of the**

presentation rather to the content.: Meister Eckhart - Selected Verses and Teachings for Meditation - Christian Mystics. --- >>> <https://youtu.be/osFuVmWHMoo>

and then I will give a short commentary on his ideological-mystical heritage within our vocational history in the GNRC.

Enlightened like Meister Eckhart

In the spirit of Meister Eckhart, I also assume that every human being is destined to be happy, which does not quite fit with messages that tell us that the more they suffer as followers, the more Christian they are.

Mysticism, on the other hand, does not constitute a mainstream in Christianity, and thus the true message remains buried. This message is actually also our core message as Christians: "blessed are you". We are really, here and now, happy on earth.

Our basic condition is deeper than today's social conditions with competition and ever more performance-related pay. Rather it consists of peace, tranquility, being happy, with the meaning of life, to love and be loved, and to be enlightened by it.

The only question is how we get there because the mystical secrets are not easily accessible.

On the topic of enlightenment there are socio-political bombshells, political bombshells in the churches and for the individual the conviction his previous biography has been blown apart with the help of mysticism and is to be adequately put together new and happy. So, this great emancipation means entering go into a great liberation movement. Therefore, enlightenment is the personal experience of this liberation and not just on a Friday night, but as a basic state in our lives.

Love, happiness and tranquility (enlightenment) are components of our nature and are states belonging to us as human beings. Therefore, enlightenment is not a matter just for specialists.

The enlightened state is our state of nature and the main job of Christianity would be to bring this state of nature into all of us or to lead us back into it, with the simplest possible means. So, love, peace, tranquility, deep spiritual clarity and the vision of truth make up our state of nature.

In the sixteenth century the Church systematically persecuted mystics. The church accused Meister Eckhart of heresy, but the central contempt of the church hierarchy at that time resulted in the situation that who is a mystic could no longer be controlled by church officials. This was considered suspicious, disobedient, rebellious, and deserved elimination.

How must Meister Eckhart have meditated to be able to write the great texts we heard. Christianity was from the beginning an enlightenment religion and therefore a place of development such that the Christian Orthodox churches (for example the Russian Orthodox, Greek Orthodox, Syriac Orthodox) practice and say to this day what is meant by mysticism. Mysticism means, "I see what you do not see and that is the presence of God in me," and in all things and in all processes. It is only a matter of seeing them as early as possible in this life and not only in death.

People need the vision of truth now, not later. Mysticism is the art of a highly refined perception to the extent that we let the sun (God) "shine on our torso" here and now in this life, which penetrates head and heart and tells us what we could still become and what we have not yet tapped into. Only in this process does it become clear what it means when we can make ourselves much more conscious. And not just how many gray cells I don't use currently which the natural sciences can reveal with extraordinary imaging technology when people start to meditate, which short-term, medium-term or long-term, can even shut down the metabolism in certain brain regions and activate new higher regions. They can possibly prevent the consequences of dementia in old age from too much non-use and even resulting in improved mental processing in old age than you had before. All this is now proven without having to sacrifice the poor person in order to examine the gray matter of the brain. Of course, this also gives meditation a completely different scientific character.

So, this is now measurable, and mysticism does more good if practitioners start to use it properly and, from my point of view, good mysticism is practical in everyday life. From the beginning, Christianity has been an enlightenment religion that activates the energy center of the human being and then the consequence is something like a kind of telepathic communication.

This state is not supernatural; it is the normal state of a human being. God naturally wanted to make our souls transparent to each other. And Jesus is not just an example of humanity, but an example of conscious clarity that lies dormant in each of us like a seed and that is placed by him in us. The kingdom of God is to be experienced inwardly in us through states of consciousness if we can experience the three basic forces (love, happiness and tranquility) in everyday life.

My future spiritual energy will be spent getting my fellow human beings onto the simplest possible safe path without them having to go to the monastery to get into this state of nature. The Church has always had mysticism, but she said and says that this is actually a "special grace" that God gives only to a few people. That is and was a foul trick.

Mysticism as a perception of being liberated, is when we are able to hold a thought of our choice. With the help of the mantra, we notice how quickly thoughts carry us away and how we are constantly flooded or trained by other mantras non-stop (e.g., by propaganda). So, who works with a mantra has pretty soon a nonstop effort in everyday life to reach a higher frequency, as if they were trying to solve a complicated math problem and they have it nonstop? They will then become observers of their own thoughts, and that is a natural right.

Therefore, as Contemplative Spiritual Formation members, we belong to a liberation movement with the mission to liberate the members of our community (Global Network of Rainbow Catholics) through our quiet, increasing activism, such that they remain free and agents of change as in the beginning and avoid transforming a dynamic battalion into a social club. For me, mysticism is a subversive concern because I think it's an even more radical approach to liberation for people than purely political means.

So, we wake up and wake ourselves and all who meet us. This is our task and mission, namely everywhere and in every situation where our participation is requested.

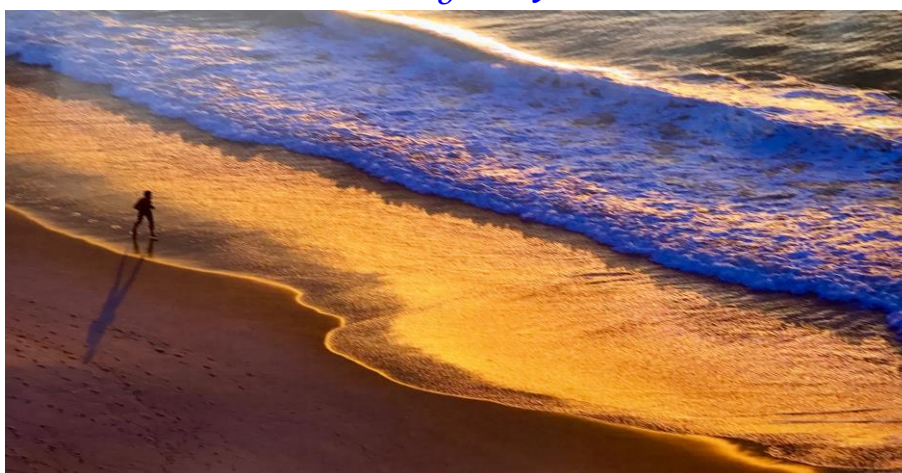
As a contemplative group, we are committed to convey our participation without fear, as we have been shaped into God's instruments since our first online appearances after the GNRC Assembly held in Chicago in 2019.

The necessity of mystical experience in the faith of modern people was posited by Karl Rahner, who said that the Christian of the future would be a mystic (that is to say someone who has undergone truth as a life experience) or would not be at all.

Meister Eckhart expressed something similar, centuries earlier, when he defined Mysticism as experiences of the action and presence of God within us, developing an intuitive security that always can be corroborated from within the Sacred Scripture. HH 22.01.23

And now we have the possibility to share concepts, questions and impressions. I will enquire of you regarding different topics and share some news of the meeting in Prague if we have enough time.

Closing Prayer



I expose my presence to the sun...

*I leave my past behind, me running to your presence,
surrendering myself to your leadership that lifts what has fallen,
heals what has been damaged, restores what has been destroyed,
recovers what has been lost and protects what has been achieved.*

Amen!

Also, please join our **online prayer vigil on February 4th** for the inclusion of LGBT+ concerns and suggestions in the continental synods that will be taking place in February. For example, the European synod will take place on Feb. 5-12 in Prague, with LGBT+ activists/prophets meeting in the city Feb. 3-5. The online vigil will take place at the same time as our gathering today, but at a different link [here](#).

As we conclude, I express my thankfulness for everything received! Thank you for joining us today from wherever you are.

I hope you have a great day whatever you are undertaking.

Take care, I hope to see you again, perhaps in two weeks in our next meeting. Till then, God bless you every moment every day!

Jörg, Frank and Argel

