


Meditating with Wendell Berry: A Contemplative Vision

A decorative horizontal flourish consisting of a central diamond shape with two horizontal lines extending outwards, ending in small circular motifs.

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Class One

The genesis of this class



Giving up cussing for Lent

Giving up “The News” for Lent

Hanging out with Wendell Berry instead

An antidote for the times: he both soothes and
inspires me

Why meditate with Wendell Berry?

Meditation ... *gom* in Tibetan ... familiarization

Calming the mind ... Opening the heart

Meditation is about “waking up ... growing up ...
cleaning up ... showing up” - Ken Wilber

Week One, Four Poems

“The Peace of Wild Things”

“I Go Among Trees”

“How to Be a Poet”

“To Hadyn Carruth”

Looking ahead ...



Week Two: *Jayber Crow*

Week Three: *Hannah Coulter*

Week Four: "The Art of Loading Brush"

Week Five: *The Memory of Old Jack*

Week Six: "Fidelity"

Setting up the Meditation



Posture ...

Intention ...

Assistance ...

Relaxing ...

First ... Posture helps us wake up



Aligning the spine ...

Grounding, settling the body ...

Opening the heart ...

Mixing your mind with space

Second ... Intention helps us show up



Showing Up for what's most important

Why am I here?


Third ... Seeking Assistance

Asking help from anyone with whom you have affinity

“The great cloud of witnesses”

Unconditional support ... removing limiting beliefs ...
placing in your mindstream just what you need for
awakening ... especially trust ... and lightheartedness

And Finally ... Relaxing



Resting down in the bones ...

Resting back in the rhythm of breathing ...

Guided Meditation: True Refuge

Refuge ... Fear ... Silence ... Dignity

Picturing a place in nature ... relaxing ... inviting the felt sense of fear ... give it space and let it speak ... then merging with the raw physical sensation of fear ... and reclaiming your full dignity

Dedication of Merit (giving away goodness)

Whatever merit, whatever benefit, whatever blessing, whatever goodness, whatever beauty we have experienced in our practice today, may it be for the benefit of all ... friends, strangers, difficult ones, all beings without exception.