



Ongoing One Hour Retreat

Introduction Document

If you are a new to the Ongoing One Hour Retreats please read this introduction document before participating for the first time.

Thank you for joining us. Each week we send a link to a recorded audio-visual One Hour Retreat which includes a talk, prayers and meditation.

You can watch and participate at home any time you choose.

Each recording will be available for you to revisit for 3 months in our archives on the StillPoint website www.stillpointretreats.com under the tab “Ongoing One Hour Retreat.”

Universal Love: For meditation we use an ancient chant used by the early mystics of the Christian community to invoke in our hearts the presence of the Principle of Universal Love – the Christ. To meditate listening to a chant is very simple and very effective. Just relax, close your eyes and listen. The chant meditates you! It is a form of feminine spirituality known as mystical spirituality which is the experience of oneness, unity and love without masculine effort and strict doctrines of separation.

1. Om Jesu Christi Chant

We start with the **Listening to the Chant**. Relax, don't concentrate or try. The chant meditates you!

2. You can download the chant – [OM JESU CHRISTI CHANT](#)

Om – Eternal Father, the Universal “All That Is”

Jesu – the Master Jesus who embodied the fullness of the Christ

Christi – the Word, the First Principle, the thought of God that became creation and guides all things to their full potential

Miserere – "have mercy on us/shed Thy Grace on us."
Nobis – us; all of humanity and all of creation

3. Introductory Prayer

Heavenly Father, Divine Mother, Friend Beloved God, Lord
Jesus Christ
Saints and Sages of all traditions
Be with us here now.
May Your Love shine forever
On the sanctuary of our devotion and
may we awaken
Thy Love in all hearts

4. Then we have a **Brief Talk** reflective of **Pure Knowledge**. There are many, many topics covered here, serving to build the foundation of universal spiritual knowledge. Although the trappings of the meditations have a Christian flavor, we use the universal truths of Christianity to illumine the Oneness and truth of all religions and spiritual paths that lead you to oneness with God. Again, we are not a religion or sect, we have no doctrines or dogmas, but we do use non-denominational, mystical Christian understandings to teach the tenants of Universal Truth. Our mission is to help alleviate human suffering by showing people other ways to see and experience life – a life of wholeness filled with the blessings of love, peace, wisdom and joy.

5. **The Om Jesu Christi Chant** (20 min) *Close your eyes and relax. The chant will meditate you. No effort!*

6. Divine Mercy Chaplet (7 repetitions)

This is a very powerful prayer given to Saint Faustina in an apparition by Jesus of Nazareth in which we ask to be part of His work here on earth bringing love and peace to all souls. The words need serious translation because they are in a somewhat archaic grammar and syntax. Taken literally, they cannot be understood and can be off putting. Let's go through them now.

"Eternal Father, we offer You the Body and Blood, soul and divinity, of your dearly beloved Son, Our Lord Jesus Christ..."

This is a statement in which we ask to participate (offer) in the life and mission of the Father's perfect reflection in creation - His Son.

"In atonement for our sins and for those of the whole world.

Don't let the term "sin" put you off. There is something much bigger to this statement.

In effect, this statement recognizes that the life and teachings of Jesus of Nazareth, the Christ, had ultimately brought mankind **back into "at-one-with"** the Truth of the Father. That Truth is that we are united with Him which is our unity with Him. We are not separate – that is the Good News of scripture. Sin, rather than being perceived as a mere "act", is used to describe a general state of acting in ignorance of who we really are - a mistaken identity, that we are separate, and this sense of separation invariably leads us away from the Light. So, sin is simply a movement away from the Light. He told us the Truth of our identity. That is the true meaning of salvation.

"For the sake of His sorrowful passion, have mercy on us and on the whole world..."

This statement asks the Father to suspend the natural laws of cause and effect and invoke mercy – the suspension of these laws by using the passion of the Christ to balance the scales - to alleviate our accumulated suffering.

7. Prayer to Stir the Silence in all Hearts (7 repetitions)

In Him
We live
And move
And have our being

This prayer reminds us that we are one with Him. It helps us to remember our true the identity of being the LIGHT.

8. The Om Jesu Christi Chant is left on for an additional 20 minutes.

Some Useful Definitions

MERCY

“To suspend the natural laws of cause and effect” or ease some inevitable suffering. A secondary meaning of mercy here (miserere) is “to shed Thy Grace” on us. And “grace” is that state in which we are free from outer impediments to experiencing the Peace of Christ within.

SIN

As a state, sin is the absence of Light. It is the absence of the state of Light – love, peace, wisdom and joy. It is the effect of a deep sense of separation from the Whole.

As a noun, sin is any activity or thought or feeling that enhances darkness, overshadowing our inner peace - inner peace being a measure of the quality of our relationship with God. A sin is anything that takes us out of harmony with Nature and our True self.

Please enjoy this experience. We are so happy to be able to use technology to bring so many of you together fulfilling the promise that “[Whenever two or more of you are gathered in My Name, there is Love.](#)” These times of meditation, prayer and contemplation have profound effects on your personal life and evolution as well as the welfare of our suffering world. Participating with us is an act of love in and of itself.

Please remember that **these meditations are available for your viewing and participation at any time and that we have an archive of the past meditations on the website www.stillpointretreats.com.**

It is my honor to walk this path with you.

Love and Peace,

Jerry