



Coalesce Podcast

Episode 049 – Coalesce Wisdom

Note, terms, scripture, practice



[Ephesians 4:4-6](#)

[1 Corinthians 12:4-13](#)

[John 14:2](#)

[Colossians 2:2-3](#)

[Romans 8:22](#)

[Matthew 7:29](#)

[Mark 12:24](#)

[Matthew 5:17-48](#)

[Luke 1:38](#)

[Matthew 23:27](#)

Practice: Contemplation

A practice of contemplation can rewire our brains for love. It seems to me that meditation makes it almost inevitable that your politics are going to change, the way you spend your time is going to be called into question, and your snug socioeconomic perspective will be slowly taken away from you. When we meditate consistently, the things that we think of as necessary ego boundaries—giving us a sense of our independence, autonomy, and private self-importance—fall away, little by little, as unnecessary and even unhelpful. This imperial “I,” the self that the West thinks is the only self, is not substantial or lasting at all. It is largely a creation of our own minds. Through contemplation, protecting this relative identity, a persona (“mask”), eventually becomes a trivial concern. “Why would I bother with that?” the True Self asks.

As we end a year and look forward to a new one, I encourage you to commit to a contemplative practice. There are many different ways to do this, for example:

- Meditative prayer with breath awareness, repeating a mantra, or Centering prayer.
- Chanting or listening to music
- Mindful movement such as walking, yoga, tai chi, or ecstatic dance
- Creating art or poetry

Additional contemplative practices and experiences can be found on www.ContemplativeInterbeing.org

As you daily watch your False Self fall away and receive a vision of your True Self, listen for the ways in which you are called to live compassionately in your relationships, community, and world. As you experience how you are held in union with Love, let this identity flow outwardly in actions of justice and peace.