

MEDITATION

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the sanctuary of a Unitarian Universalist congregation, a group gathers to study Buddhist dharma and to be enveloped in the meditative practice of a sound bath.

Across centuries, meditation has been common in Buddhism, where the goal is to become enlightened like the Buddha, and Hinduism, in which the ancient spiritual practice of yoga is rooted.

Contemplative and meditative practices in many religions seek to find a direct connection with God. That includes the Desert Fathers and Mothers — early Christian ascetics who followed a form of meditation focused on silence in the Egyptian desert. It also includes Kabbalistic and Hasidic meditation techniques in Jewish tradition, and the whirling dervishes in Sufism, a mystical movement within Islam.

“The next resurgence that we’re seeing now, is people moving all the way out from saying, ‘I’m going to practice a religious tradition’ into ‘I’m willing to do some of the practices that exist within those traditions,’” said Lodro Rinzler, a Buddhist teacher and author of “The Buddha Walks into a Bar.”

For others, Rinzler said, it has helped rekindle a connection to their own religions and their ancient, lesser-known meditative practices.

“Some of the practices that have been spliced out and stand alone are now coming back under the umbrellas,” he said. “People are then being attracted to the traditions from which they’ve always been a part of.”

MEDITATION ROOTED IN JEWISH TRADITION
That’s the case of the Or HaLev — Center for Jewish



Betty Cole leads an interfaith meditation practice at All Saints Episcopal Church in Pasadena, Calif., on Monday, Dec. 15, 2025.

Spirituality and Meditation. Launched in 2011 by Rabbi James Jacobson-Maisels, it seeks to give people access to a meditation practice rooted in Jewish tradition.

“We’re bringing Hasidic meditations and understandings to a contemporary audience,” said Jacobson-Maisels. “We’re also integrating that with Eastern traditions that have come from the West.”

These meditative practices, he said, are less known, mainly because of the effects of modernity and the Holocaust, which destroyed many communities and teachers who were preserving these traditions.

“As part of Jews’ assimilation to the modern world, many parts of the mystical tradition got rejected or cast aside because they were related to as unacceptable, irrational, not fitting to the modern world,” he said.

“Kabbalah was the most dominant theological paradigm in Judaism. But after modernity, it really was

pushed to the side,” he said. “Now it’s experiencing, once again, a resurgence.”

MUSIC MEDITATION AT A UNIVERSITY CHAPEL

Many have gathered at the Princeton University Chapel to attend meditation events that include chamber music, breathwork and the chanting of mantras.

“The feedback I’ve mostly gotten is that people say, ‘I want to do that again. I don’t know what happened, but I feel like whatever happened, I need more of it,’” said Hope Littwin, a composer who facilitates musical rituals for the meditations.

“People notice the mysterious quality and people feel changed by it,” said Littwin, who is pursuing her PhD in music composition at Princeton.

The university’s Gothic non-denominational chapel hosts concerts, weddings and interfaith services throughout the academic year.

“People from different religions, and even people with

no religion at all ... connect to meditation because meditation taps us into something universal, something deeper than belief systems or doctrines,” said A.J. Alvarez, a meditation teacher.

BUDDHIST MEDITATION AT A UNIVERSALIST UNITARIAN CONGREGATION

Meditation also has become a crucial part of spiritual life at All Souls NYC, a Unitarian Universalist congregation.

When the Rev. Pamela Patton, a Universalist and Buddhist, began the Mindfulness, Meditation, Buddhism program in 2016, she was unsure how it would be received.

In a decade, though, it grew into a community of about 800 members learning from teachers of different Buddhist lineages.

The Universalist religious movement welcomes people with diverse spiritual beliefs. Regarding her program, Patton said, “It’s brought a lot to our community.”

RUMI AND YOGA
Omid Safi, a professor of religion at Duke University who conducts Sufi meditation tours and retreats, said he sees young Muslims practicing yoga, mindfulness and breath work who are looking to integrate them with their religious identity. That, he said, comes from the recognition that Islam has its own tradition that goes back over 1,000 years developed in conversation with Hindu and Buddhist traditions. Safi speaks of one fundamental Sufi practice of directing the breath into the subtle centers of perception in the human body called “lataif” — similar to chakras in yoga — but with an important difference.

“In the Sufi model, it’s a whirling model that whirls in your inner landscape and enters your heart,” he said. “It’s not about pure transcendence, but balancing earth and heaven.”

Meditation has historically not been done in mosques, but adjacent to them, perhaps with an Islamic teacher leading a session of poetry, music and meditation, Safi said.

In the Sufi tradition, music is “the sound of the movement of the celestial spheres,” he added. “Music is invisible, but you feel it in the heart. Poetry speaks in a symbolic language. The spiritual experiences we have are the same way.”

CATHOLIC CONTEMPLATIVE PRACTICES

Susan Stabile, a spiritual director who leads meditation retreats nationwide, said Catholic parishes are seeing a resurgence in contemplative practices, including meditation. Raised Catholic, Stabile became a Buddhist in her 20s and lived as a nun for a few years in Asia. She returned to Catholicism after marrying and having children. Stabile says Buddhism helped her better understand her Christian faith.

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- Pass drug test
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- Pass IL State Police LEADS testing.
- Pass EMD and other required certifications
- High School Diploma or GED
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- Be able to multi task under stressful situations
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You may pick up an application and job description at City Hall or the Metropolis Police Department. The City of Metropolis is an equal opportunity employer. The City of Metropolis will recruit, hire, train and promote into all job levels the most qualified individuals without regard to race, color, creed, religion, sex, national origin, ancestry, marital status, status with regard to public assistance,

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Applications will be accepted until close of business on Monday, February 9, 2026

IN THE JUVENILE COURT OF CUMBERLAND COUNTY, TENNESSEE

NOTICE

JOSEPH COX

The State of Tennessee, Department of Children’s Services, has filed a Petition to Declare Child Dependent and Neglected as to Jaxson Thompson. It appears that ordinary process of law cannot be served upon you because your whereabouts are unknown. You are hereby ORDERED to serve upon Michael Rocco, Attorney for the Tennessee Department of Children’s Services, 600 Hearthwood Court, Cookeville,

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Tennessee 38506, (931) 646-3014, an Answer to the Petition to Declare Child Dependent and Neglected filed by the Tennessee Department of Children’s Services, within thirty (30) days of the last day of publication of this notice, and pursuant to Rule 39(e)(1) of the Tenn. R. Juv. P. you must also appear in the Juvenile Court of Cumberland County, Tennessee at Crossville, Tennessee on the 11th day of March, 2025, at 8:30 a.m., for the Hearing on the Petition to Declare Child Dependent and Neglected by the State of Tennessee, Department of Children’s Services If you fail to do so, a default judgment will be taken against you pursuant to Tenn. Code Ann. § 36-1-117(n) and Rule 55 of the Tenn. R. of Civ. P. for the relief demanded in the Petition. You may view and obtain a copy of the Petition and any other subsequently filed legal documents at the Juvenile Court Clerk’s Office, Crossville, Tennessee.



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