

Daily Meditation 10/01/21

More Names for God

Good morning.

We're meditating today on the many names for God, and I want to bring to your attention the tradition in Islam about reciting and praying the 99 most beautiful names for God.

In my book I talk about the 89 most beautiful names for God, or most useful names for God, because I didn't want to compete with a Muslim practice which I've practiced for years.

It's a wonderful practice, so let me share with you just a few of these 99 names that the Sufis offer. But again, you can pray these, you pass them through your heart, and it really makes a difference.

But above all it gives all of us permission to open up about the multiple names for God, and not be one-dimensional and boring and stale to ourselves, as well as the rest of the world: "but I think that there's only one name and that name is God," or something like that.

So here we go for the Muslims, and I'll jump around; I will not give all 99.

The Fashioner
The Maker
The Creator
The Majestic
The Giver of Peace
The Holy
The Merciful
The Compassionate
The All-Hearing
The All-Knower
The Provider
The Forgiver
The Maintainer
The Sublime
The Great One
The Subtle One
The Just
The Truth
The Witness
The Noble
The Loving
The All-Embracing
The Generous One
The Glorious
The Noble
The Alive
The Giver of Death
The Giver of Life
The Restorer
Praiseworthy
The Protecting Friend
The Most Strong

The Source of All Goodness
The Hidden
The Manifest
The Last
The First
The Eternal
The One
The Equitable
The Compassionate
The Pardoner
Patient
The Guide
The Light

So any or all of these names are springboards to opening up your own heart and your own mind, and to me are invitations to create your own names.

Thank you; we'll see you tomorrow.