

What is Christian Meditation?

Christian Meditation is simple. As John Main (1926-1982) the Benedictine monk and founder of The World Community for Christian Meditation said, 'you learn to meditate by meditating'. It is a universal spiritual practice which guides us into prayer with Christ at the centre. The practice of Christian meditation is silent, still and simple and brings us to a place of silence, stillness and simplicity where we sit with Christ. The practice simply involves the faithful and loving repetition of a single word during the time of meditation. This is a very ancient Christian way of prayer that was re-discovered by John Main.

The Method *(adapted from the WCCM website – uk@wccm.org)*

Sit down. Choose a quiet time and place and try to ensure you will not be disturbed.

Sit comfortably and alert, with your back straight.

Close your eyes lightly.

Then silently, interiorly, simply begin to say a single word, your mantra.

An ideal Christian prayer word or mantra is "maranatha". It is an Aramaic word which means "Come Lord" or "The Lord comes". It is one of the oldest prayers in the Christian tradition. Say it as four syllables (ma-ra-na-tha).

Listen to the word as you say it without haste or desire.

Repeat the mantra continuously, gently and faithfully from the beginning to the end of the meditation period.

Let go of all thoughts and imagination, including religious or spiritual thoughts.

Meditation is not about thinking but being.

Distractions will come, but do not be discouraged.

Simply, humbly return to your word.

Meditate twice a day, for between 20 and 30 minutes, early morning and early evening being the best and traditional times.