

Tips for How to Meditate: Silence, Stillness, Simplicity

In a world that is growing increasingly aware of its need for stability and depth, Christian Meditation is speaking to more and more people. It is rooted both in Christian tradition and experience, and is available to all. This is a path beyond thought and imagination into the presence of the risen Christ who dwells in our hearts. The way is one of simplicity and discipline:

1. Find a quiet place
2. Sit upright, relaxed and alert. Keep the spine as straight as possible so you don't nod off...
3. Stretch your muscles, wiggle your toes, be comfortable.
4. Be aware of your normal breathing pattern for a minute or two as you relax.
5. Gently close your eyes. Silently, interiorly, begin to say a single word.

The Aramaic prayer phrase "Ma-ra-na-tha" is suggested. It is Aramaic for "Come, Lord" and is found in 1 Cor. 16:22 and Revelation 22:20.

Repeat this prayer word from the beginning to the end of the meditation. Do not think or imagine anything—spiritual or otherwise.

6. As thoughts or images appear, or outside noises distract, put them gently aside and return to your mantra.
7. Aim to have a daily practice each day – start slowly – work your way up to 20 minutes, morning and evening.
8. Resist the temptation to judge the "quality" of your meditation. We trust the Holy Spirit is working in us as we pray in faith, hope and love.

Opening Prayer" "Heavenly Father, open my heart to the silent presence of the Spirit of your Son. Lead me into that mysterious silence, where your love is revealed to all who call.

Ma-ra-na-tha. Come, Lord Jesus"

Resources:

- Word into Silence by John Main, OSB.
- YouTube [How to do Christian Meditation](#)
- wccm.org or wccm-canada.org

If you'd like more information or would like me to give an Introduction to Christian Meditation for your parish or prayer group etc. please contact me: Rev. Julie Meakin jmeakin31@gmail.com

Submitted by The Rev Julie Meakin#Incumbent Holy Family

