

## How to Meditate

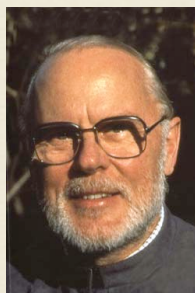
Sit down with your feet firmly on the ground, your hands resting on your knees, your back as straight as possible. Take some deep breaths or listen to some music. This will help focus your attention. Close your eyes gently. Begin to say in your heart (or in your mind) your prayer-word or mantra. The word we recommend is "MARANATHA" - "Come Lord." (This lovely Aramaic phrase is the earliest known prayer of a Christian community.)

Slowly, reverently and lovingly, say it as four distinct syllables - MAR-AN-AH-THA. Say it for the whole time of your meditation without any thought as to its meaning. Say it in total faith and love - like St. Peter walking on the water. You can also say "Jesus" or a phrase like "Come Holy Spirit" or "Be merciful to me a sinner." However when you choose one, keep to it: do not replace it to suit a changing mood.

Meditate every morning and evening for 20 - 30 minutes, each and every day of the year. Distractions will inevitably come; let them float past you. As soon as you become aware of them, return gently to saying your mantra. In this way you are choosing Jesus above the distraction.

Your prayer-word is a silent act of love and faith. It is an expression of your desire to be united in the loving prayer of Jesus rather than following any thoughts or ideas of your own.

It is your way of leaving all behind, of following Jesus and of wanting only to do His will.



Fr. John Main O.S.B.

Father John Main, an English Benedictine monk of Irish descent, founded the first Christian Meditation Centre in Montreal, Canada. He rediscovered Christian Meditation and introduced it anew to Christians in our time as a simple yet deeply contemplative form of prayer by which the practitioner could remain silently and constantly in God's presence.

"In the Christian tradition, the experience of prayer, the experience of meditation, is of unity, of oneness. It is an experience that changes the whole of our perception of reality. We see reality as a whole, unified by the basic energy of the cosmos, which is the energy of love. This is the message of the truth that sets us free."

Fr. John Main, *Moment of Christ*, p. 41.

**MEETINGS EVERY WEDNESDAY  
7:00 PM - 8:00 PM**

LOCATION  
GENEROUSLY PROVIDED BY:

**St. Dominic's Catholic Church  
Siena Room  
2390 Bush Street  
San Francisco, CA 94115-6119**

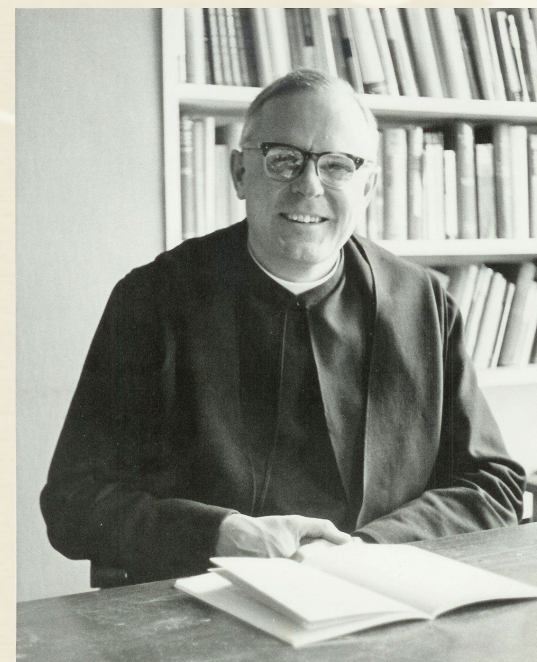
**[www.christianmeditation.us](http://www.christianmeditation.us)**

No experience necessary - No cost to attend - Donations accepted



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## CHRISTIAN MEDITATION

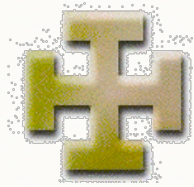


Fr. John Main O.S.B. (1926 - 1982)



"By means of the mantra  
we leave behind all passing images  
and learn to rest  
in the infinity of God himself."

Fr. John Main, *Word Into Silence*, p. 16.



Christian Meditation is a Prayer of Faith.

It is more important to experience its power in our lives than to try to understand or explain it.

It is unlike other forms of meditation with which you may be familiar. Here there are no words, no thoughts, no concepts, no images.

We pray with Jesus dwelling within us.

It is no longer 'our' prayer for

"we do not know how to pray." (Rom. 8)

The basis of the Prayer is the indwelling of the Holy Spirit. Deep within all of us dwells the Blessed Trinity. At the depth of our being the Father continually loves the Son while the Son responds to the Father in love and prayer through the Holy Spirit. In our Prayer of Meditation we desire to be part of the love and prayer of Jesus to the Father. Rather than think up words or aspirations or images of our own, we wish to unite ourselves with the loving prayer going on continuously within us. In this prayer we also seek to open ourselves completely to the Holy Spirit that He may bring about in us conversion, repentance and faith in the Good News of Jesus Christ.



## CHRISTIAN MEDITATION

Christian Meditation is a prayer of Stillness. The body and mind are completely silent and still.

"Be still, and know that I am God." - Psalm 46:10

In the stillness we bow in faith before the majesty of God who can reveal His unlimited love for us.

Meditation is a simple direct method of making us present to God in love.

### **MORE ON THE SPIRITUAL BENEFITS OF MEDITATING**

"Does God seem like a distant force in the universe? You have a personal relationship with Christ but maybe you're feeling a little disconnected from Him lately. That joy you felt when you were first saved is but a flickering light. Psalms 46:10 tells us to "Be still and know God." The scripture also says, "in God's presence is fullness of joy." If you want to experience a deeper relationship with God, meditation can help you to enter into God's presence and abide in his love.

Has the voice of God become dull in your life? Throughout scripture when God had something to say to an individual, he spoke in a still, small voice. If your mind is filled with mental chatter, God's word is going to be drowned out most of the time. Getting still before the Lord in meditation will help you to clear out the mental clutter and create a greater sensitivity to God's voice.

Trying to overcome habits and other addictive behaviors? Most people are always gravitating to something to make them feel better. I call it self-medication. We have a problem being still with our own thoughts. We're afraid of where they might lead us, especially if we've buried years of hurt and pain. Regular meditation can help you to break the cycle of looking outside of God's spirit in you for happiness. It can help you to release the restlessness that causes you to seek fulfillment in all the wrong places: food, drinks, church (yes even church), relationships, recreation, power, things, money, and more."

Rhonda Jones

*The Benefits Of Christian Meditation*

SelfGrowth.com, June 2008

### **SOME OF THE MEDICAL BENEFITS OF MEDITATING**

"Maybe meditation isn't so mysterious after all. Neuroscientists have found that meditators shift their brain activity to different areas of the cortex - brain waves in the stress-prone right frontal cortex move to the calmer left frontal cortex. This mental shift decreases the negative effects of stress, mild depression and anxiety. There is also less activity in the amygdala, where the brain processes fear... researchers found that the meditators showed a pronounced shift in activity to the left frontal lobe. In other words, they were calmer and happier than before."

Psychology Today, April 2003

"What researchers at Harvard Medical School discovered is that, in long-term practitioners of relaxation methods such as yoga and meditation, far more "disease-fighting genes" were active, compared to those who practiced no form of relaxation. In particular, they found genes that protect from disorders such as pain, infertility, high blood pressure and even rheumatoid arthritis were switched on. The changes, say the researchers, were induced by what they call "the relaxation effect," a phenomenon that could be just as powerful as any medical drug but without the side effects."

WAtoday, August 2009