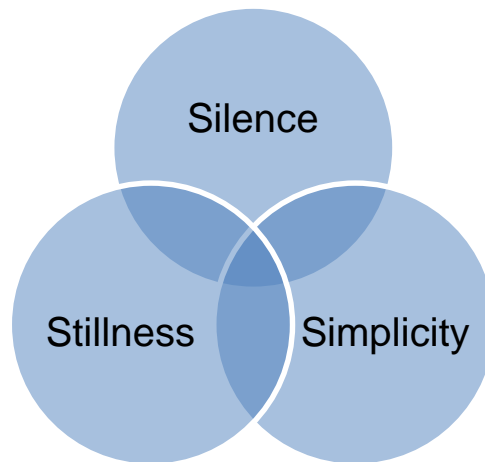


Christian Meditation – The Prayer of 3 “S’s”



Christian Meditation is a prayer of the heart, not of the mind. “Blessed are the pure in heart, they shall see God.”

Silence

Silence is letting go of thoughts, words, and feelings.

Prayer can have two parts. There’s talking to God and there’s listening to God. A relationship where one person does all the talking doesn’t work. In meditation we listen with our hearts. It is not necessary plead, correct, to nag or instruct. The reality is that: *“Your Father knows what you need before you ask him.”* (Matt.6:8)

Stillness

Stillness is letting go of desire.

Stillness is more than being quiet and not moving. It is a state of openness, receptiveness and attentiveness. Sit in an upright posture, spine straight, hands placed on laps, relaxed, eyes lightly closed. We become aware of our breath, in and out. We begin to say our word as we learn to rest in God. The stillness increases our awareness of our being, body and spirit. In a group, the stillness is a gift shared with the others around us.

Simplicity

Simplicity is letting go of self-analysis.

Attention and intention. We give the word our full attention. Stay awake. Be in the present moment. Jesus recognizes our intention Trust is a condition of simplicity. As St. Paul said; *“We do not know how to pray, but the Spirit prays within us.”*

“God is nowhere more present than in silence.” (Meister Eckhart)

Learning Silence

- Focus on one word
- Christian meditation is a Christ centered prayer that uses as sacred word or mantra.
- *Mantra* is a Sanskrit word which means “that which clears the mind.”
- Attentive interior repetition quiets the mind and leads to silence.
- We recommend using “Maranatha” an Aramaic word, the language Jesus spoke, which means “Come Lord”. It is one of the earliest Christian prayers.
- Say it gently in 4 syllables: Ma Ra Na Tha. Listen to it silently in your hearts with the rhythm of your breath. Continuous interior repetition gently push distractions away.

“Learning to listen in the silence... Silence means developing the inner senses, the sense of the conscience, the sensitivity to the eternal in us, the ability to listen to God.” (Pope Benedict XVI, The Blessing of Christmas)

In summary:

- **Create a focus.** We become *silent* by using a prayer word or mantra.
- **Have Faith.** We become *still* by being receptive, open to just being in the present moment without conditions. The mantra is an expression of faith in Christ who lives in our hearts.
- **Be open and simple.** We become *simple* by accepting “unknowing,” by trusting. Repeating the mantra leads to a condition of simplicity.

“Blessed are the poor in spirit, the Kingdom of heaven is theirs”.