



# Christian Meditation

as taught by Fr. John Main O.S.B.

Tuesday evenings 7 p.m. to 8 p.m.

**Holy Trinity Church (Rectory), 213 W 82<sup>nd</sup> St**

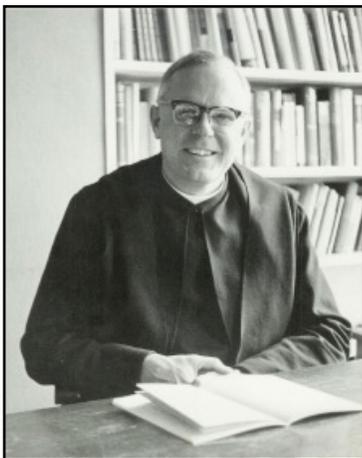
**You are invited to participate in  
the ancient tradition and practice of  
Christian Meditation.**

*"Be still, and know that I am God" (Psalm 46:10)*

The meeting format is very simple.

We listen to an opening prayer & then a recorded talk by Fr. John Main for 5 to 10 minutes. This is followed by a short period of gentle music. We then meditate, repeatedly saying our mantra in silence, for 20 to 30 minutes. We conclude with some more gentle music & a closing prayer from Fr. John after which you are free to leave, or to stay for a discussion period.

*We start on time so please arrive a little early and relax.*



*John Main O.S.B (1926 - 1982) believed that the contemplative experience creates community. His genius was to recover and to re-present a way into this experience for ordinary people from within the Christian contemplative tradition. In the teaching of the desert monks on pure prayer he found the practice of the mantra, realizing that this way of prayer could further the search of many modern people for a deeper spiritual life.*

**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 concerns, no images. We pray with Jesus dwelling within us.

John Main O.S.B.

There is a wealth of information about Fr. John Main & Christian Meditation on the internet, for example:  
[http://en.wikipedia.org/wiki/John\\_Main](http://en.wikipedia.org/wiki/John_Main) - [www.wccm.org](http://www.wccm.org) and [www.wccm-usa.org](http://www.wccm-usa.org)  
We also have a website that lists groups in New York City and offers many books & CDs available for purchase:

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

*All are welcome - No cost to attend - No experience required*

## 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 and/or listen to some music.

This will help focus your attention.

Close your eyes gently.

Begin to say in your heart (in your mind)  
your prayer-word or mantra.

The word we recommend is "MARANATHA"

(This lovely Aramaic phrase means "Come Lord"  
and is the earliest known prayer of a Christian community.)  
Slowly, reverently and lovingly, say it as four distinct syllables

MA-RA-NA-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 to 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.