

## Resources for the Practice of Christian Meditation

**How to Meditate:** “To meditate, you must learn to be still. Meditation is perfect stillness of body and spirit. The stillness of body, we achieve by being still. So when you begin to meditate, take a couple of moments to assume a comfortable posture. The only essential rule is to have your spine as upright as possible. And so the first thing to learn is to sit completely still. Your eyes should be lightly closed. Then the stillness of spirit. The way to that stillness is to say silently, in the depth of your spirit, a word or a short phrase, to repeat that word over and over again. The word recommended is the Aramaic word *Maranatha*. Say it in four equally-stressed syllables: ma-ra-na-tha. Say it silently; don’t move your lips but recite it interiorly. Recite your word from beginning to end. Let go of your thoughts, of your ideas, of your imagination. Don’t think. Don’t use any words other than your one word. Just sound, say, the word in the depth of your spirit, and listen to it. Concentrate upon it with all your attention: Ma-ra-na-tha. That’s all you have to do.”

*[Maranatha is an Aramaic phrase meaning either “Our Lord, Come!” or “Our Lord has come”]*

The Home Page for World Community for Christian Meditation and radio program offering meditation  
<http://wccm.org> and <http://wccm.org/meditationradio>

Metro New York Page

<http://christianmeditation.us/new-york-city.php>

The Christian Meditation in Queens Meetup Page

<http://meetu.ps/e/BZpDd/qP2k/f>

First Presbyterian Church of Forest Hills Meditation Page

<http://www.presbyfh.org/meditation>

Simple Introduction

<http://www.johnmain.org/>

*The Hunger for Depth and Meaning: Learning to Meditate with John Main*

[http://www.johnmain.org/index\\_files/LearningToMeditateWithJohnMain.pdf](http://www.johnmain.org/index_files/LearningToMeditateWithJohnMain.pdf)

“Pearl of Great Price” – a guide to Christian Meditation Groups

<http://tinyurl.com/jfm2djh>

An intro from World Community for Christian Meditation in Australia

<https://www.youtube.com/watch?v=twjU0Oq1Fuk>