

HOW TO MEDITATE

If you come to Benedictus with an existing practice of silent meditation, you are welcome to continue meditating in the way you know.

If you are new to meditation, we suggest the method taught by the World Community for Christian Meditation, as follows:

To meditate, sit still and upright. Close your eyes lightly. Sit relaxed but alert. Silently, interiorly begin to say a single word.

We recommend the prayer-phrase, 'Maranatha'.

Say it as four syllables of equal length. Listen to it as you say it, gently but continuously. Do not think or imagine anything – spiritual or otherwise. If thoughts and images come, these are distractions at the time of meditation, so keep returning simply to saying the word.