



World Community for Christian Meditation (WCCM)

Introduction to Christian Meditation.

Meditation is a universal practice; In the Christian tradition it is a form of prayer, sometimes called “contemplative prayer”, “silent prayer” or “prayer of the heart”. There are no difficult theories or techniques to master in this way of experiencing silence, of finding God. John Main OSB used the expression “Christian meditation” to describe this way of the “prayer of the heart” where all thoughts, words and images, including pious, religious ones, are set aside by the simple repetition of a prayer word, also called a mantra.

How to Meditate

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word “Maranatha”. Say it as four equal syllables “Ma”-“Ra”-“Na”-“Tha”. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and - above all - simply.

The essence of meditation is simplicity. Stay with the same word during the whole meditation and in each meditation day to day. Don't visualise but listen to the word, as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions: let them go by saying your word faithfully, gently and attentively and returning to it as soon as you realise you have stopped saying it or when your attention wanders.

Meditate twice a day, morning and evening, for between 20 and 30 minutes. It may take a time to develop this discipline and the support of a tradition and community is always helpful.

Daily Encouragement - Two Websites.

UK site = www.christianmeditation.org.uk. Has articles about the journey of meditation, a “Good News” store for books & CD's and “What's On” with details of who is holding a WCCM “Quiet Day” or “Retreat” and where.

International site = www.wccm.org. Again, has resources to sustain you on the journey of meditation, with sections entitled “Daily Wisdom”, “Weekly Teachings” and “Weekly Readings”, also details of “Retreats” held internationally.

Regular WCCM Meditation Groups in Bolton/Bury

It is hoped that you may be encouraged to attend one of the regular, weekly Christian Meditation Groups where you will receive constant support, encouragement and enthusiasm along the journey of discovery of yourself, others and God through the stillness and silence of meditation.

Bolton Quaker Meeting House, 50 Silverwell Street, Bolton, BL1 1PP.

Monday evening starts at 7:30pm – 8:45pm

Thursday afternoons starts at 2pm – 3pm

Bury Home Group phone David or Christine on 07442 534860 or email wccm.bolton@gmail.com

Wednesday evening starts at 7:30pm – 8:45pm

To keep updated with local WCCM Christian Meditation events go to www.christianmeditation Lancashire.co.uk