

The World Community for Christian Meditation

Opening Prayer (John Main)

"Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, 'Maranatha...Come, Lord Jesus'."

How to meditate

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word. We recommend the ancient Christian prayer-word "Maranatha". Say it as four syllables of equal length. Breathe normally and listen to the word as you say it, silently, gently, but continually. The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Do not think or imagine anything, spiritual or otherwise. Don't fight your distractions; just let them go by and return faithfully to saying your word. Meditate each morning and evening for twenty to thirty minutes.

Closing Prayer (Laurence Freeman OSB)

"May this group be a true spiritual home for the seeker, a friend for the lonely, a guide for the confused. May those who pray here be strengthened by the Holy Spirit to serve all who come, and to receive them as Christ Himself. In the silence of this room may all the suffering, violence, and confusion of the world encounter the Power that will console, renew and uplift the human spirit."

May all who come here weighed down by the problems of humanity leave giving thanks for the wonder of human life. We make this prayer through Christ our Lord. AMEN."

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