

ABOUT MEDITATION

By John Main

(Notes taken based on a CD recording of a message by John Main)

1. Learn to *stand aback* – allow God to come into the forefront. This is what meditation is about.
 - a. So often, we are at the centre of the world.
 - b. We think that reality revolves around us.
 - c. We are at the centre of the world!
2. However, we never see ourselves as we truly are.
3. In reality, *God is at the centre* of the universe.
4. In meditation, *self-centredness* gives way to *God-centredness*.
 - a. We find ourselves where we need to be.
 - b. We do have an essential place in God's plan – a unique place. We are a special gift to creation.
5. Meditation is a *discipline*.
 - a. We learn to stand back.
 - b. We learn to *focus our whole being on God*.
6. In meditation:
 - a. Begin with yourself.
 - b. Learn to be silent.
 - c. Learn *to be* (yourself)
 - d. Do not be defined by an activity (work or thinking)
7. **How to meditate:**
 - a. Select your word – a *mantra* (e.g. Maranatha)
 - b. Be physically still as possible.
 - c. Recite in your heart: Ma-ra-na-tha
 - d. Recite this in your *interior* – without moving your lips.
 - e. Say and listen inwardly: Ma-ra-na-tha
 - f. Let this become the focus of your attention or concentration.
 - g. Let other thoughts fall away.
 - h. Come to a greater silence.
 - i. Be patient; be humble.
 - j. Don't seek to possess God, or expect to come to great insights.
 - k. Be the person you are called to be – accept and respond to the gift of your own creation.
 - l. Be still, silent, and humble.
8. The ego and egoism:
 - a. In meditation, the ego is left behind.
 - b. Try to be your true self.
 - c. There is a paradox – when we give up possessing, we are enriched.
9. **Daily meditation:**
 - a. Every morning and evening, give yourself the opportunity to be.
 - b. Don't analyse: What am I getting out of this?
 - c. Approach this in simplicity and humility.
 - d. From beginning to end, say: Ma-ra-na-tha
 - e. Begin on faith – you cannot evaluate this.
 - f. Be willing to begin. Learn. Have patience.
10. **The Christian perspective on meditation:**
 - a. God has sent His Spirit to dwell in our hearts. It is His being in us!
 - b. Meditation is being open to His being.
 - c. 2 Cor 4:6: "For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ".
 - d. We will find this if we are still, silent, and humble.
 - e. Meditation involves stillness, silence, and humility.
11. **How to meditate: a review**
 - a. Be still – in body *and* spirit.
 - b. Body: sit still; keep spine upright; let eyes be slightly closed.
 - c. Spirit: Select a word or short phrase (e.g. Ma-ra-na-tha)
 - d. Let go of personal thoughts, ideas, and imaginations.
 - e. Allow the word to enter the depth of spirit – listen to it; concentrate on it.
12. Group meditation: remember the following
 - a. Matthew 18:20 – "For where two or three are gathered in my name, I am there among them."