

HOW TO MEDITATE

By John Main

What is meditation?

1. To meditate, you must learn to be still.
2. Meditation is perfect stillness of *body* and *spirit*.

Stillness of body

1. The stillness of body, we achieve by being still.
2. So when you begin to meditate, take a couple of moments to assume a *comfortable posture*.
3. The only essential rule is to have your *spine as upright* as possible.
4. And so, the first thing to learn is to sit completely still.
5. Your eyes should be *lightly closed*.

Stillness of spirit

1. The way to stillness of spirit is to say silently, in the depth of your spirit, a *word* or a *short phrase* – and to repeat that word over and over again.
2. The word I recommend you to use is the Aramaic word, *maranatha*.
3. Say it in four equally-stressed syllables: ma-ra-na-tha.
4. Say it *silently*; don't move your lips, but *recite it interiorly*.
5. Recite your word from beginning to end of the meditation session.
6. Let go of your *thoughts*, of your *ideas*, of your *imagination*s.
7. Don't think about a lot of other things.
8. Don't use any words other than your one word.
9. Just sound, say, the word in the depth of your spirit, and listen to it.
10. Concentrate upon it with all your attention: Ma-ra-na-tha.
11. That's all you have to do.

Notes in outline produced by Alex Peck (aepeck77@yahoo.com.au); March 4, 2009.

Source: John Main, "The Hunger for Depth and Meaning", *Meditatio: Talks Series 2007B*.

(<http://www.wccm.org/item.asp?recordid=meditatiolisten&pagestyle=default>)