

PE/Health: Catholic Meditation Tradition

Website: <http://www.cominghome.org.au/introduction/dsp-default-d.cfm@loadref=3.html>

Catholic meditation is a tradition within our church and one way we can create silence in order to hear God speak to our hearts. Meditation supports our spiritual well-being, as it helps to create peace within us and lower stress. Perhaps you and/or your family already meditate. If not, I encourage you and your family to try meditation for even four or five minutes.

Steps for Meditating on Jesus

When you enter into meditation time:

- 1) Sit still and upright with your back straight.
- 2) Place both your feet flat on the floor or legs crossed if sitting on the floor.
- 3) Place your hands in your lap facing either upwards or downwards.
- 4) Gently close your eyes.
- 5) Be aware of your normal breathing pattern for a minute or two as you clear your mind.
- 6) Silently, interiorly, begin to say your sacred prayer word “**ma-ra-na-tha**” in four equal syllables.



Fr. John Main, who started this meditation, recommended using the word ‘maranatha’ as the sacred prayer word. It is an Aramaic word Jesus spoke meaning, ‘Come Lord’ found in the scriptures (1 Cor. 16:22, Rev. 22:20). Because it is in a foreign language it tends not to conjure up images during meditation as we sit in stillness and silence allowing the Spirit who dwells within to speak in our hearts. You could also repeat, “Come, Lord Jesus,” as a prayer phrase if you prefer.

- 7) Listen to the sound of your sacred word as you say it, slowly with purpose and focus.
- 8) If thoughts come, keep returning to simply saying the word.
- 9) Maintain this stillness for the entire period of the meditation.



The above steps are adapted from the Canadian Christian Meditation Community website: <http://www.wccm-canada.ca/>