

**A Community
of
Local and Online Groups**

The opening of our hearts is as natural
as the opening of a flower.

To let a flower open and bloom
it is only necessary to let it be,
so if we simply are,
if we become and remain still and silent,
our heart cannot but be open,
the Spirit cannot but pour through
into our whole being.

It is for this that we have been created.

JOHN MAIN OSB (1926 - 1982)



The first Christian Meditation Centre was opened in London in 1975 by John Main, inviting people of all faiths and none to experience this tradition of silent, contemplative prayer.

Now there are local in-person and online Christian meditation groups in over 100 countries across the world. This community of meditators embodies John Main's belief that meditation is relevant, not only to monks, but to everyone, and is a way to create community as much as a path to personal spiritual growth for the individual.

Our groups are open to all, run by volunteers, and free to attend. They have a simple format of opening and closing prayers with around 20-30 minutes of silent meditation.

Meditation groups support each member to sustain their daily practice by sharing the pilgrimage to the heart in silence and friendship.

Your local group and contact details can be found at wccm.uk.

**THE WORLD COMMUNITY
FOR CHRISTIAN MEDITATION**



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B e s t i l l a n d k n o w t h a t I a m G o d

How to Meditate

- Find a quiet place where you won't be disturbed.
- Sit still and upright - relaxed but alert.
- Close eyes lightly, breathe naturally
- Silently, interiorly, begin to repeat your mantra.

We recommend the mantra 'Maranatha'. Say it simply - ma-ra-na-tha - as four equally stressed syllables, in rhythm with your breathing.

Maranatha is an Aramaic word from the language Jesus spoke. It means "Come, Lord".

When thoughts or images come at the time of meditation, return simply to saying your word. Don't try to dispel or repress distractions. Simply let them go by saying your mantra.

Daily practice is important and while this may start at 5 minutes, ideally develop over time to 20-30 minutes, twice a day.

The practice of meditation develops harmony of body, mind and spirit.

An Ancient Tradition

Our meditation is simple and practical. Once learned, it may be practiced anywhere, at any time. We meditate in the contemplative tradition, found in the teachings of the earliest Christian monks, known as the Desert Fathers and Mothers.

We do this by sitting still and upright, silently reciting a short phrase, or prayer-word, that today is commonly called a mantra. The mantra is a faith-filled way of turning our attention beyond ourselves, a method of drawing us away from our own thoughts and concerns.

Meditation is about coming to stillness of spirit and body. Despite all the distractions of the modern world, this silence is possible for people today. To reach this stillness we devote time to the work of silence.

**Meditation is the missing dimension
of much Christian life today.
It does not exclude other types of prayer
and indeed deepens reverence
for the sacraments and scripture.**

LAURENCE FREEMAN OSB

Pure Prayer

Meditation is what the early Christians called 'pure prayer'. It is a gift of such depth that we must learn it gradually until we understand its full meaning.

It might take some practice, but each time we meditate we enter into reality more deeply because it leads us into the love at the centre of our being. It makes us more loving people in all our relationships.

The focus of meditation for the Christian is Christ, centred on the prayer of Christ continuously poured forth in the Holy Spirit in the depth of each human being. The reality of God is deeper than all ideas of God.

Today, we can recover the contemplative dimension of life that reveals the peace already present at the core of our being. The daily practice of meditation is not just for ourselves. By making us makers of peace, meditation benefits the whole human family.

To communicate and nurture meditation as passed on through the teaching of John Main, in the Christian Tradition, in the spirit of serving the unity of all.

WCCM mission statement