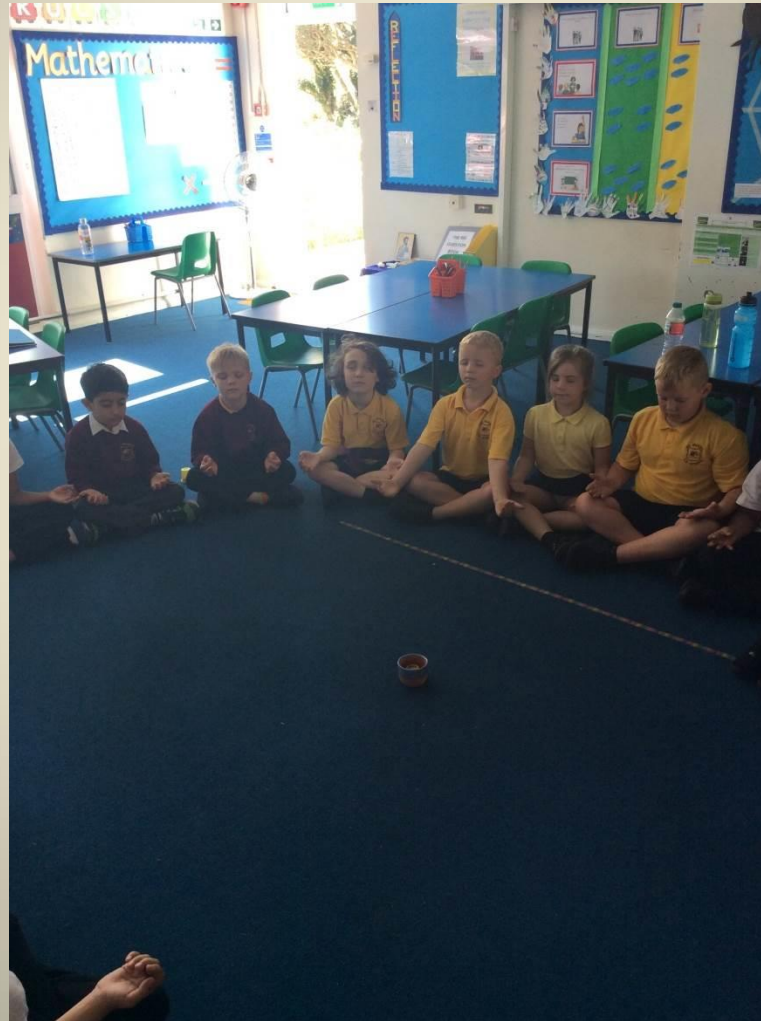


Christian Meditation



Why do we meditate?
What is meditation?

We meet God in

STILLNESS

SILENCE

Our bodies and minds will be

STILL

SILENT



- **Sitting still**
- **Straight back**
- **Hands resting on lap**
- **Eyes gently closed**



- **Do not think**
- **Do not worry**
- **Only say the special word**
- **Ma ra na tha**



- **Say the word
silently**
- **Do not stop
saying the word**
- **If your mind
wanders.....
return to the word**