

# Contemplative

Our practice of contemplative meditation is a way of deepening our communion with God, who is the *Life* within us. It increases our awareness of Christ, ever-present within, letting His *Light* and *Love* be brought to bear in all that we feel, think and do.

Fundamental to the method used in the Fellowship of Meditation are carefully chosen sentences, based on the eternal truths and teaching in the Bible. All the sentences focus our attention on God. They serve as channels through which the power of the Spirit can enter our hearts and develop and strengthen the spiritual life within us.

Two forms of sentences are used: In the *primary* form we 'listen' to a great truth concerning God's nature and his promises to us. In the *secondary* form we respond to God. Central to most of the sentences are *Words of Life*, words which stand for aspects of God's nature – *Love, Power, Peace, Wisdom, Joy, Goodness, Light, Truth, Knowledge, Beauty, Freedom, Grace, Health, Strength, Righteousness, Life, Substance, Principle and Holiness*.

## *Primary sentences.*

*Be still and let my Peace enfold you and my Love sustain you.*

*Abide in me and you shall have Wisdom and Strength for all your needs.*

# Meditation

*My Peace I give to you.*

*In quietness and confidence shall be your Strength.*

## *Secondary sentences.*

*In your presence is fullness of Joy.*

*Let your will of infinite Love be done within me.*

*Trusting in your creative Love within me, I have nothing to fear.*

*I will be still and know your healing Power within me.*

## Preparation and method

Before using a sentence for meditation, we consider it carefully, in order that its meaning can be accepted as a true statement and one that we can affirm with sincerity. We trust that its deeper spiritual significance will unfold, without conscious thought, in the silence.

The method is very simple. First, find a suitable place for meditation, at a time you are least likely to be disturbed. Sit in a comfortable chair which supports you without lounging; feet flat on the floor. Be aware of your breathing, soft and

steady. Let your body gently relax starting from the face with a smile. Let your shoulders gently fall; relax the arms and the hands. Let a feeling of complete rest flow down through your whole body, carrying all tension and negativity out through your feet. Now you are ready to take your sentence for meditation.

Repeat the sentence slowly, silently, without attempting to analyse its meaning. As you repeat the words 'listen' to them inwardly and deeply with a mind alert with interest and expectation. When distracting thoughts intrude, bring the mind back gently but firmly to the sentence. Gradually, the need for repetition decreases and you may find yourself focusing on just the *Word of Life*. As you reach quiet stillness within, you can rest in the Spirit, responding to the Spirit of Christ within you. Finally, after resting in His presence, simply give thanks.

We will gain most from this practice if we can meditate once or twice daily. At first, we should not attempt to meditate for more than 5-6 minutes at a time, but with practice we shall find that we are able to hold our attention on the sentence for longer periods. Gradually, we will build up a store of sentences which we know will work for us. Recalling the sentence frequently throughout the day helps to carry the spirit of our meditations into all the affairs of daily life. It also makes it easier to enter our times of silence with undivided hearts and minds.

## Experiencing Healing

Drawing daily from the divine *Life* within us, we let the healing *Love* of God flow through our whole being, where an inner healing takes place. This could be a healing of inner conflicts, resentments, fears and anxieties, which cause us so much suffering. Since our minds and emotions are so closely linked to our physical *Health*, this inner healing can manifest itself in increased vitality, in resistance to infection and in general well-being.

## Reaching out to others

It is our practice when we meditate together as a group to remember others in the silence. As we draw upon the *Love* and *Peace* of God, we believe that a realisation of His healing *Love* and *Peace* may be awakened in them.

Also, we believe that any active, outward form of service for others will inevitably be guided and enlightened by the measure of *Love, Wisdom, Peace* or *Joy* which we have received from God in meditation.

***Be still ...***

***and know that I am God***

## The Fellowship of Meditation

exists to provide an opportunity for men and women of any Christian denomination – or none - to learn and practise a Christian form of Contemplative Meditation.

In the Fellowship of Meditation, we receive a leaflet of helpful teaching each month, with sentences which can be used weekly.

Meditating and using the same sentence as other members not only increases individual spiritual development but gives a feeling of belonging and support to all.

Fellowship of Meditation groups meet throughout the country: there may be one near where you live.

The Fellowship has a residential centre at Dorchester where you will be very welcome. Gatherings are held there for those who wish to learn more. Booklets on contemplative meditation are available for sale, and there is opportunity for discussion. Residential gatherings are also held at centres elsewhere in the UK.

For further information

Please contact the Office Manager by email; [fellowship.meditation@gmail.com](mailto:fellowship.meditation@gmail.com) or by phone; 01305 251396. The office is currently open on Mon, Tues and every other Wed from 9.00am – 3.00pm.



a Christian-based organisation

# Contemplative Meditation

## Deepening our Awareness of God

*Founded by*

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Registered Charity No. 213323

[www.fellowshipofmeditation.org](http://www.fellowshipofmeditation.org)