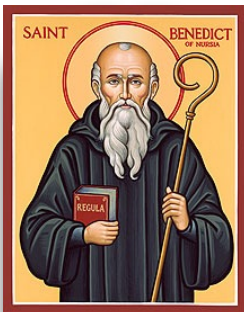


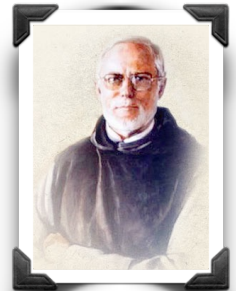
# Christian Meditation through the Ages – A Historical Background

The roots of Christian Meditation can be traced back to early Christians of the third century, who left what they saw as the increasingly corrupt life of the cities, and settled in the desert, to live lives fully dedicated to God in prayer.



These Desert Fathers and Mothers, as they were called, laid the foundations for the monastic movement within the Christian tradition. Their teaching about how to pray and live holy lives was eventually written down in the Rule of St. Benedict, which became the handbook for life in monasteries and religious communities of men and women throughout the Church.

That Benedictine tradition of silent prayer—Christian Meditation—became much more widely known in the last century through the teaching and writing of Father John Main. He believed that Christian Meditation could be practiced by modern people of all walks of life, and he brought the practice to a small community of religious and lay people in Montreal.



Fr. John Main OSB  
(1926 -1982)



Fr. Laurence  
Freeman OSB

The work of teaching the practice of Christian Meditation to lay people has been continued by another Benedictine priest, Father Laurence Freeman, and the World Community for Christian Meditation. Their work with schoolchildren in the Diocese of Townsville, Australia has inspired other Christian schools and boards, to share the teaching of Christian Meditation as a form of prayer within the Christian tradition.