

Christian Meditation Guidelines

Dear Teachers,

The following are some important points to keep in mind when you are leading your students through the prayer of Christian Meditation.

1. Christian Meditation is a contemplative prayer. It is opening oneself to the presence of God without words, images, thoughts, and imaginings.
2. Keep the body as still as possible. Interestingly, some parents feel that meditation is beneficial for children with ADHD.
3. The mantra is Arabic, the language Jesus spoke when he prayed to His Father.
4. The mantra **ma-ra-na-tha** means 'Come Lord Jesus'. It is the last sentence in the Book of Revelation and is the prayer of the early Christian Church. It is also the prayer of Advent.
5. The prayer mantra is said slowly and evenly. It is helpful to match the syllables to one's breathing.
6. It is recommended that meditation is prayed at a minimum of twice weekly, but 3 times a week is ideal. Some teachers and students find that meditating each day is beneficial for the class.
7. The length of time will vary in the classroom depending on circumstances.
 - a. 20 mins- 30mins is recommended for personal prayer at home; once in the morning and once again in early evening
 - b. In the classroom periods of 2- 3 mins are helpful for rooting the prayer word in the hearts of students and can easily fit into class schedule demands; longer prayer periods can be arranged when possible
 - c. Teachers should begin with shorter prayer periods and gradually increase the period of time as student comfort levels improve.
 - d. You will likely notice that students will want to increase the frequency and length of meditation periods as they recognize the fruits of the Holy Spirit (love, joy, peace, patience, kindness, goodness, fidelity, gentleness and self-control) taking root in their lives.

8. Keep reviewing the reason for saying the mantra continuously from the beginning of the meditation to the end. The purpose is to help the person keep focused. When one finds the mind wandering, gently come back to repeating the mantra. The ego does not like this discipline and keeps trying to reinsert itself.
9. There is no good or bad prayer session. God blesses our **desires**. Like St. Paul, 'I do the things I don't want to do, and the things I want to do I don't do.' (Romans 7: 15)
10. A personal commitment of daily meditation is life changing through the peace, tranquility, and graces it brings.

How to Meditate

- Sit comfortably in upright position, relaxed but alert
- Eyes lightly closed
- Feet flat on floor or in the lotus position
- Hands on lap
- Breathe calmly and regularly
- Silently, interiorly, begin to say your mantra in rhythm with your breathing
- Listen to it as you say it, gently but continuously
- Do not think or imagine anything spiritual or otherwise. If thoughts and images come to mind, these are distractions at the time of meditation.

