

A Simple Practice

Practising meditation helps discover inner stillness and peace. For Christians meditation is a time of opening the heart and surrendering to generous love. It is the art of *Mary* time, being not doing.

Time and place

Make a date. Create a regular space in the same place. Begin with ten minutes, if possible. Later, aim to sit for quarter of an hour or twenty minutes twice a day. Give time to making time.

Quality time

Let everything be done softly and gently. This practice will help you to let go of tension and be relaxed and yet alert.

Preparation

Settle yourself on a low chair. Make yourself comfortable. Sit upright, keeping the body in an easy tension. Close eyes. Keep head upright, chin tucked slightly down. Let the hands rest lightly on your lap, with palms facing upwards. Lengthen the spine, let the shoulders drop and broaden. Broaden hips to spread weight evenly and make a good lap.

The Breath

Take one or two deep breaths through the nostrils. Let the breath come and go softly using the lower diaphragm.

Detachment from distractions

Let go of thoughts as they come. When thoughts arise, notice them. Let them drop away and return to the regular pattern of your breathing. Gradually distractions will assume less importance.

Find a word

You may find it helpful to use a phrase or a word to draw you back. *Be still and know* or choose a word or phrase that comes to you. If one is anxious, the Jesus prayer is a prayer that has brought healing and peace to many: *Lord Jesus Christ, have mercy on me, a sinner.*

Coventry Cathedral Women's Meditation Group

Meetings in 2010: First Thursdays of the month: 7th January, 4th February, 4th March, 1st April, 6th May, 3rd June, 1st July, 5th August, 2nd September, 7th October, 4th November and 2nd December. We look forward to seeing you.

Lecture Room

Diana Walls