

Meditation

Mindfulness Based Meditation Practice

“The universe is not outside of you. Look inside yourself; everything that you want, you already are.” Rumi.

In Christian tradition Meditation is often referred to as silent, wordless prayer. As a disciplined practice it has been part of Christian tradition going back to the early church. Originally, it was rooted in reading the bible, not simply with an academic interest but with an interest in penetrating the living source of the biblical message. It didn't take long for the early church leaders to discover that the openhearted intimacy of contemplative prayer has a transformative effect. Among other things, this helps us have a sense of the presence of the sacred in our lives.

Meditation is not exclusive to Christianity. All cultures and religions have established contemplative practices, for reasons of their own. Islam has the Sufi Order. China has Daoism. Buddhism has a Mahamudra, Dzogchen, and Zen. We are acquainted with the Magi, who appear in the Christmas story. In a secular context, contemporary psychotherapy often has incorporated “Mindfulness Based Meditation” into treatment settings.

We borrow exercises from numerous traditions to which we are connected.

Mediation is not an exotic practice. It is simply being still and being aware rather than doing. It can be seen as a way to achieve calm. Practitioners are asked to commit to the discipline of a regular routine beginning with a breath awareness exercise. Other practices are introduced from time to time to help expand the participants repertoire.

If you can't actually remove the noise and turmoil from daily life, meditation may help mitigate the impact. If meditation is new to you, or if you wish to get back on track with your practice, we would love to have you sit with us. We meet in the Trickett Parlor on the first and third Thursday of each month at 11:00 am. There is no cost associated with this program. We appreciate the blessing of your presence. For more information, please contact Rev. Eugene Dyszlewski, rev.gene@icloud.com or 401-345-7291.

“There is a force within that gives you life. Seek that.” Rumi