



Outreach of **meditatio**
The World Community for Christian Meditation

Meditation & Spirituality in a Secular Age



Meditation Awakens our Innate Spirituality

Spirituality is an innate dynamism in every person which guides them toward authentic living.

Spiritual knowledge, which is trans-rational, is an experiential insight into one's participation in Being itself.

Periods of meditation are stepping stones into the depths of your being. The quality of your doing is rooted in the quality of your being.

Your daily meditation is nothing less than a return to the fountainhead of life, to the creative source of all being. Ultimately, it is not a place you retreat to, but it becomes the wellspring from which you live your life.

Meditation is the process in which we take time to allow ourselves to become aware of our infinite potential.

BENEFITS

Improves Decision Making
Generates Energy and Confidence
Calms and Restores
Lets go of all the Drama

Meditation helps to separate us from our attachment to who we think we are and rediscover who we really are:

**When I meditate,
I feel more me than
I ever did before**

(Nora, 11 years, Ireland)

People meditating experience something they have never experienced before; suddenly you know you are not alone

(Paris, 11, Canada)

Meditation awakens the heart – we rediscover the wellspring of life within and which restores our fundamental humanity:

**I enjoy being quiet
and sitting still**

(Kenzie, 4, Canada)

**When I meditate,
I feel the goodness
inside of me**

(Jack, 11, Ireland)

**Meditation makes
me a kinder person**

(Sophie, 8, Ireland)

What Children Say about Meditation

EXPERIENCE

Heart Awareness
Self Awareness
Serenity
Simplicity

FRUITS

Deepens Self Awareness
Awakens the Heart
Nourishes the Spirit
Inspires Authentic Living

Human beings long for meaning in their lives; for many centuries such meaning was expressed through philosophy and religion. Spirituality and religion are not the same. Spirituality can be considered, even in a secular context, as an innate dynamism of the human being which animates value and meaning in life and which guides a person toward authentic living; for many, but not all, this may involve a transcendent dimension.

Spiritual knowledge is not irrational but trans-rational. Such knowledge is not merely a psychological insight but an experiential insight into one's participation in Being itself. It gives rise to the realisation that being must take priority over doing and that, ultimately, all of our doing is rooted in the quality of our being. The pathway that leads us into Being is that of silence and stillness.

Spirituality is a vital, foundational element of what it means to be human, whether a person engages with that dynamism on religious or secular terms. However, spiritual consciousness is in decline in the modern world and there is an urgent need to find ways of engaging in public discourse around this. While words are inadequate to give expression to spiritual experience, meditation opens a portal to such experience without reliance on language, thoughts or images.

Poetry can point towards the truth of this experience better than prose - the philosopher Heidegger once wrote that poetry is language in service of the unsayable. Yet, in a study of children's experience of meditation, a 12-year-old boy who had been meditating for eight years gave wonderful metaphorical expression to his experience suggesting that 'meditation is like a map and your destination is who you really are'. John Main OSB, who recovered the ancient practice of meditation in the Christian tradition, described the same truth in religious terms by saying that the Spirit of God who dwells in our hearts is loving and accessible to all.

Meditation offers a pathway not just to self-help but to self-transcendence - a way to experience truth that transforms our way of seeing and being in the world. It changes our relationship with ourselves, with others, with all of creation and with the creative source of all being. Because meditation is a universal practice, it is an ideal practice accessible to all in the world today.

The World Community for Christian Meditation

Meditatio, an outreach of The World Community for Christian Meditation, offers resources, training and support to help you launch meditation at your school. We teach meditation as a universal practice which finds expression in diverse wisdom and religious traditions. We emphasise the relationship between meditation and spirituality and the spiritual fruits that flow from the practice in addition to its practical benefits. Where desired, we will focus on the Christian tradition in particular. **Visit: www.meditatio.co.uk**

'When I hear the bells ring before meditation,
I imagine that God is ringing my doorbell
and I open my heart to let him in'

(Alex, 12 years, Canada)

Spirituality comes before theology: If faith [spirituality]
is not an experience of encounter, we have little to
reflect on except the words of others. And they will
ring hollow unless touched by personal fire'

(Gallagher, Michael Paul. *Into Extra Time*)