

Meditation Groups



The Christian Meditation Group

People often ask is it better to meditate alone or in a group? In fact the two experiences are like the two sides of the same coin. Meditation is solitary in the sense that I can't meditate for you and you can't meditate for me.

But we can meditate together. This is one way into the deeper meaning of meditation and the sense of connectedness and community that it leads us to discover.

For this reason meditation groups have formed around the world. They meet in churches, homes, schools, hospitals, universities, prisons and places of work. The group is an ideal way to get introduced to meditation and also to sustain your own daily practice.

Each group has its own personality but follows a simple common structure:

- *a teaching on meditation to remind us of the simplicity of the practice*
- *a meditation period of about 30 minutes in silence*
- *a time for sharing or questions*

The book A Pearl of Great Price describes the purpose of the meditation group and advice on how to start one. [Here](#) you can download the book in Microsoft Word format



Finding a Christian Meditation Group

If you would like to find a group near you can contact your national coordinator from the list on [this page](#) or on the [International Directory of Groups \[PDF\]](#) that is updated regularly.

Meditation group leaders are invited to submit a profile and photo of their group

Group Leaders' E-mail List

The "Group Leaders E-mail List" goes out to more than 1000 group leaders in 60+ countries around the world. To list new groups contact your national coordinator or email [Pauline Peters](#).



Read a PDF version of Paul Harris's very popular book "[Frequently Asked Questions about Christian Meditation](#)"

For further reflections on the Christian Meditation Group by **Paul Harris**, a group leader from Ottawa, Canada who has helped form many groups around the world, read **WHAT HAPPENS AT THE WEEKLY GROUP MEETING?**[PDF version [here.](#)] Also:

["Ten Tips on How to Lead a Meditation Group" by Paul Harris \[PDF\]](#)

["The Role of the WCCM Regional Coordinator" by Paul Harris \[PDF\]](#)

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Source URL: <http://www.wccm.org/content/meditation-groups>