The Collected Talks of John Main make available to people today the unique and transforming power of his oral teaching. The best form of a spiritual teaching has always been the spoken word. These talks were the first phase of what later became The World Community for Christian Meditation, the global contemplative family that continues to grow through the inspiration of his teaching. Each of the eight sets of the Collected Talks is published as a book with the same title.

Although it is more than thirty years since he died, as I re-listen to John Main's talks, I am still amazed at the power, clarity and radical simplicity of what he taught. How luminous they are. How fresh and joyful in their directness. How unchanged by the passage of a generation is the urgency of his message. I know of no other teaching in this form that carries the spirit of the gospel, as a living Word, so directly and purely into the heart. Laurence Freeman OSB, Director WCCM

It was these talks of John Main that inspired me to start meditating. There was a certain power and persuasive authority in his voice. Listening to the talk time and again sustained me in the wobbly early stages and has kept me steady on the path. I have put together this collection of John Main's talks so that both beginners to meditation and ongoing meditators may be encouraged by the authoritative and yet gentle guidance of this contemporary master of prayer. Peter Ng, Trustee WCCM

THE COMPLETE “COLLECTED TALKS” SERIES IS DESCRIBED IN A BOOKLET ENCLOSED IN EACH CD BOX.
**Word into Silence** is the first of eight sets of John Main’s collected talks. This set of talks was given in the 1970s in England as an introduction to meditation and a means of encouragement for those who had begun to meditate.

**CD1** Introduction to Christian Meditation
1 Being Restored to Ourselves
2 Learning to be Silent
3 The Power of the Mantra
4 The Fullness of Life

**CD2** Meditation: The Christian Experience
1 The Self
2 The Son
3 The Spirit
4 The Father

**CD3** Twelve Talks for Meditators (Part 1)
1 Introduction
2 The Tradition of the Mantra I
3 The Tradition of the Mantra II
4 Saying the Mantra I
5 Saying the Mantra II
6 Leaving Self Behind
7 John Cassian

**CD4** Twelve Talks for Meditators (Part 2)
1 Set Your Mind on the Kingdom
2 Realizing Our Personal Harmony I
3 Realizing Our Personal Harmony II
4 A Present Reality
5 Christian Community I
6 Christian Community II

**The Christian Mysteries: Prayer and Sacrament** is the second of eight sets of John Main’s collected talks. John Main believed that meditation verifies the truths of Christian faith from one’s own experience. His reflections on the Sacraments show how this verification springs first from the heart where experience is direct before it touches our minds.

**CD1**
1 Introduction
2 Baptism: Water and Spirit
3 Marriage: Mystery of Communion
4 Anointing of the Sick: Mystery of Wholeness

**CD2**
1 Environment for Worship: Mystery of Sacred Space
2 Eucharist: Mystery of Koinonia
3 Penance: Mystery of Poverty
4 Conclusion
Moment of Christ is the third of eight sets of John Main’s collected talks. These talks were given at his monastery in Montreal to groups who came on weekday evenings to listen to and meditate with him. The talks were meant to persuade ordinary people, many of whom came straight from work, of the importance of meditating and the simplicity of the Christian tradition and practice of it.

CD1
1 The Way of the Mantra
2 Leaving Distractions Behind
3 The Call to Fullness of Life
4 Infinite Expansion of Love

CD2
1 Discipline and Liberty
2 Silent Communion
3 The Peace of Christ
4 Commitment to Simplicity

CD3
1 The Way of Liberation
2 Beyond Illusion
3 We Have Meaning for God
4 The Reality that is Love
5 The Temple of Your Heart

CD4
1 Rooted in the Centre
2 Smashing of the Mirror
3 The Way to the Eternal
4 Original Innocence
5 Simplicity is Oneness

CD5
1 Beyond Technique
2 Death
3 Death and Resurrection
4 The Spirit of Lent
5 The Meaning of Silence

CD6
1 The Life Source
2 The Reality of Faith
3 The Wholeness of God
4 Being Yourself

CD7
1 Space to Be
2 The One Centre
3 Simple Enjoyment of the Truth
4 The Light of Christ
5 The Inner Christ

CD8
1 Free to be True
2 The Generosity of Sacrifice
The Way of Unknowing is the fourth of eight sets of John Main's collected talks. Listening attentively to his voice prepares you for the silence and stillness of meditation. These talks were designed to introduce meditation to people for the first time, and also to encourage people already meditating to deepen their regular practice.

CD1
1. In Reverence in Your Hearts
2. The Two Silences of God
3. Renunciation of Our Selves
4. The Pole
5. Potential for ‘Being’

CD2
1. God is the Centre of my Soul
2. Growth in the Presence
3. Being and Existence
4. ‘Isness’

CD3
1. Distractions
2. Returning to our own Innocence
3. Child-like Simplicity
4. Beyond All Images
5. Beyond Isolation into Love

CD4
1. Actualization of Your Potential
2. Freedom for Being
3. The Discipline of Silence
4. Emptying Out All Images

CD5
1. The Mind of Christ
2. Wholly Open to the Prayer of Jesus
3. Sense of Oneness
4. Knowing

CD6
1. Mystery of Being
2. Reverence
3. Grounded in God
4. The Necessity for Stillness
5. Why is Meditation Difficult?

CD7
1. Meditation as Conversion
2. Eternal Youth
3. Worship in Spirit and in Truth
4. Wholehearted in Christ
5. The Incarnation of God

CD8
1. Thought, Feeling, Love
2. Questions and Responses
3. Religious Love
4. The Way that is Christ
5. Past, Future and the Present

CD9
1. Redeemed by Love
2. Contemplation and Action
The Heart of Creation is the fifth of eight sets of John Main’s collected talks. The talks were given to meditation groups meeting each week at the Priory in Montreal. John Main is a teacher in the apophatic tradition of imageless, non-conceptual prayer. This form of pure prayer transcends all thought and imagination – not looking at God, but into God.

CD1
1. The Art of Unlearning
2. A Way of Beginning
3. The Constant Return to the Mantra
4. Tension and Attention

CD2
1. Essentially Free
2. What Jesus has Done
3. The Unreality of Fear
4. Surface and Depth

CD3
1. The Mantra and Boredom
2. Liberty and Detachment
3. The Supreme Reality
4. Two Words from the Past
5. At One with the Light

CD4
1. Fulfillment through Dispossession
2. Beyond Motivation
3. Meditation and Work
4. Cosmic Poverty
5. Seeing through Our Selves

Word Made Flesh is the sixth of eight sets of John Main’s collected talks. For John Main, meditation was a supremely incarnate way of prayer, leading the person as a whole into wholeness, into a harmony of body, mind and spirit.

CD1
1. Making Progress
2. The Consciousness of Jesus
3. God is at the Centre?
4. From Idea to Commitment
5. The Time is His, the Prayer is His

CD2
1. The Universal Christ
2. Making Nothing Happen
3. The Glory of Christ
4. The Unlearning of Prayer
5. The Silence of Love

CD3
1. Something Ordinary
2. Faith is Transcendent
3. The Uniqueness of our own creation
4. I Am as I Am
5. Dropping the Anchor

CD4
1. The Spirit of Truth
2. Beliefs and Faith
3. All You have to Do is to Begin

CD5
1. Integrity
2. Purity of Heart
Door to Silence is the seventh of eight sets of John Main’s collected talks. John Main saw meditation as opening us to the experience of “being”, which is the right basis of all right action and healthy living. As we are slowly transformed by knowing God’s presence within, we begin to see ourselves and others in a new light.

CD1
1 Peace  
2 Purity of Heart  
3 We Possess the Mind of Christ  
4 Vision of Unity  
5 The Experience of the Tradition

CD2
1 Contact with the Centre  
2 The Aim of Meditation  
3 Unity and Union  
4 Creative Energy  
5 The Context of our Meditation

CD3
1 Truth  
2 Time and Eternity  
3 Levels of Distraction  
4 The Ordinary Shot through with the Extraordinary  
5 Liberty of Spirit

CD4
1 Open to the Moment of Love  
2 Learning to Expect Nothing  
3 Everything Is One  
4 Wholly Present Now  
5 Hope

In the Beginning is the eighth of eight sets of John Main’s collected talks. John Main teaches meditation as a simple but demanding discipline, and advises the beginner to simply begin, and persevere. All that matters is to be on the way and to be faithful to the daily practice.

CD1
1 Still A Beginner  
2 The Sound of the Mantra  
3 The Way of Enlightenment  
4 Total Potential

CD2
1 Experience and Expansion  
2 Purity of Heart  
3 Our Inner Life and our Outer Life  
4 Longing in the Heart

CD3
1 Questions  
2 Wholly Present  
3 The School of John Cassian  
4 That Delicate Balance  
5 Questions

CD4
1 Life as a Revelation  
2 Infinite Vitality  
3 Quires  
4 Questions

CD5
1 The Prodigal Son  
2 The Idea of Progress  
3 The Purity of Prayer  
4 Secure Base

CD6
1 Pure Action  
2 Attention  
3 The Way of Salvation  
4 The Pilgrim  
5 Questions

CD7
1 Beginning First Time Again  
2 Fullness of Life  
3 Seek after Truth

CD8
1 Dispossession  
2 Death and Resurrection  
3 The Silence of Prayer