

# REFLECTION SHEET



**The World Community for Christian Meditation (Country)**

**The School of Meditation**

**ESSENTIAL TEACHING WEEKEND**

Name of Venue | Address of Venue

Friday (date) – Sunday (date)

We invite you to take a few minutes to reflect on what this ETW has meant for you. Use the following questions very loosely, taking them as starting points that you may modify, skip, or expand on.

- How has this Weekend made you aware of your own deepening practice of meditation?
- Have you come to new insights about the teaching? How have they touched you?
- What new understandings about the journey of meditation have you discovered?
- To what extent do you sense you're ready to talk about Christian meditation:
  - to someone who asks you about your daily practice?
  - to members of your meditation group, if you are part of one?
  - to another meditation group?
  - to newcomers or those who invite you to speak at a school, parish workplace?

- Where are you in being ready to share something of this 'pearl of great price' with another /others?
- Do you feel it could be time for you to be attentive to invitations that come your way or is it time for you to take some initiatives and propose yourself to various groups?
- What might be your steps in the coming two weeks?
- What would be important for you to do in order to be better prepared for the next time you talk about meditation?
- What further support might you need in order to be ready for the opportunities ahead?