Conclusion to the Six-Week Course Introducing Christian Meditation

There is nothing simpler than meditation. There are no difficult theories to master or techniques to excel in. We need only simple fidelity, and fidelity to the simplicity. But as anyone who has tried it knows, simple is not easy.

We need all the support and inspiration we can get to persevere in what is a simple but demanding discipline. But what a wonderful demand it makes and what great rewards!

Contact your national coordinator or local meditation coordinator for any help you might need

During these six weeks you should be able to introduce beginners to meditation and, in the process, deepen your own understanding and commitment. To share this with others is to grow yourself.

You will also see the seed of community and of friendship being planted in people’s lives.

Offer to continue to help those you have helped to begin. Support the new group leader if this new group has started. Help them to feel part of a larger community.

As with our meditation itself – we can only do our best – but nothing less! The Spirit will bring it to fullness.

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