

Meditation in community

The way of meditation is the way of focusing on Christ in our hearts with an attentive spirit. It supports closeness, calm, inner peace and oneness with God.

In meditation, we let our minds descend into God's loving heart in order to find strength and peace. Secular or spiritual approaches can be taken depending on the character and orientation of the spirit.

Spiritual orientation to the divine heart results in satisfaction and unity with God's nature.

"And if a member suffers, so all the members suffer with it, and if a member is honored, so all the members enjoy. But you are a member of the body of Christ, and so is every one of you." (1 Cor. 12: 26-27)

Deep - hearted connection between all students will be a result of meditation in community. It expands the individual consciousness of love to all beings. The mind becomes responsive and sensitive to the presence of God.

"For where two or three are gathered together in my name, there am I among them." (Matth.18, 20)

The goal of meditation in community is closeness to God, the cleansing of the mind and finally emerging the spirit in God's big heart.

- 1.** In meditation man focusses his mind, his thoughts and his awareness to the soul's divine nature in silence.
- 2.** Ascending, disturbing thoughts are consciously ignored.
- 3.** The meditator stays in this silence and in the consciousness of God's presence without thought or ambition.

Focusing on God's nature is a prerequisite for being close to him. We open ourselves to love; we open our awareness for God's grace and care. Communal meditation on God's loving heart connects us to God's presence and will lead us to peace and inner healing.

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