

Communal Meditation

The path of meditation means turning our minds to the spirit of Christ in our hearts. It will increase our awareness of intimacy, tranquility, inner peace and oneness with God.

In meditation, we sink our mind into God's loving heart to find strength and peace.

Depending on the imagination and orientation of the mind, secular or spiritual paths can be taken. Spiritually focussing on the divine heart will deepen our contentment and awareness of the unity of God's essence.

"And when a member suffers, all the members suffer, and when a member is honored, all members rejoice with it. But you are the body of Christ and each one of you is a member. " (1 Cor 12, 26-27)

Meditating together in the same spirit creates a deep heart-felt connection of all meditators. The awareness of love to all beings will be extended. We become sensitive and sensitive to the presence of God.

"For where two or three are gathered in my name, I am in the midst of them." (Matthew 18, 20)

The aim of meditation in the community is the closeness to God, the purification of the mind and finally the sinking of the Spirit in God's loving heart.

1. In Meditation, with closed eyes, we turn our awareness, our thinking, feeling and understanding to the divine silence in our soul.
2. Rising, disturbing thoughts are deliberately ignored.
3. The meditator dwells in thought-free silence and in divine awareness of Being.

Directing attention to God's nature is the prerequisite for this holy intimacy. When we open ourselves to love, we open our consciousness to God's grace and care. The shared meditation on God's loving heart connects our hearts with God's presence and leads us to peace and healing.

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