

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Meeting Jesus In Meditation

By A K Whitehead

Meeting Jesus In Meditation by A K Whitehead

Meeting Jesus In Meditation
A K Whitehead

There are many approaches to prayer. Not least because there are many different needs. But the greatest of all our needs is to get nearer to Jesus. The most powerful form of prayer for this purpose is arguably Christian meditation.

This article discusses some of the special aspects of Christian meditation

Sources Of The Benefits Of Christian Meditation

Meditation has a very long history in Christianity and has taken various forms. But meditation on Scripture, and not least the gospels, is a kind which has great power.

How does the power come about?. From three sources: which work together to bring us closer to God:

1. From the Holy Spirit, of course. But this kind of prayer makes a very special kind of requirement on us and on the Spirit, and that is expressed in terms of
2. Faith. Obviously, the very act of prayer, any prayer, involves some kind of faith. But the degree of faith which this form of prayer demands can be quite different than in other forms of prayer.
3. Consistency. To really get into this kind of prayer one needs a daily commitment which is kept consistently. It is often said that "grace builds on nature" and that is very true. In this case it is true because we need

to become habitually open to the way in which the Spirit works within us. We shall not achieve that unless we become habitual in our habits of prayer.

Essentials Of Christian Meditation

Christian meditation on the Bible is essentially straightforward in terms of what we do and the procedure we follow. However, there are many questions and issues which arise from the process. Too many to consider in a short article such as this. The subject receives an in-depth treatment in the book "The Keys To Meditation" by Keith & Iris Whitehead. But here we can indicate some of the essentials and some important benefits.

This kind of meditation should not be confused in any ways with types

derived from Eastern religions, such as Hinduism. It is quite different and essentially Christian. Very often it is associated with Ignatius of Loyola because, after his conversion, he developed a particularly clear method of approach.

This involves reading Scripture in a particular way. At its essence is explicitly allowing the Holy Spirit to reveal to us the nature and meaning of what, after all, he himself has written over the centuries.

The Subject Matter

For a Christian, the most important part of Scripture is the New Testament. While, we can meditate on the Old Testament, the former is, at least, the best place to start. Sometimes we meditate on the gospels; sometimes on the letters or Acts or Revelations. In the latter cases the approach is somewhat different in important respects to meditating on the gospels. However, it is meditation on the gospels which can bring us repeatedly face-to-face with Jesus in real and dynamic ways.

Some Of The Benefits Of Christian Meditation

The reality of meeting with Jesus in this way is a principle benefit. But it must not be either over-emphasised nor under-emphasised. The first is a danger because the actual experience of meditation will vary considerably from day-to-day or as between prayer periods on the same day. Few people with considerable experience in meditation would deny the reality of this meeting.

But some with limited experience may tend to overstress these encounters. They get carried away with what the Holy Spirit is providing for them over a particular period of time. But the Spirit deals with us in very different ways at different times.

On the other hand, these experiences are real, of great value and bring

many blessings and should not be ignored. Certainly, we should avoid becoming "hucked" on them. That is a real possibility and must not be allowed to happen. People like John of the Cross have warned repeatedly about such dangers.

Allowing Freedom For The Holy Spirit To Work

Moreover, we need to allow the Spirit to balance the graces he is giving us. This requires mixing meditation periods on the gospels with other periods on, say, the letters of the New Testament, or the Psalms are a good source for beginning to meditate on the Old Testament.

One of the greatest benefits which a Christian has in his relationship with God is the very fact that God dwells within him. For example, Paul tells us in 1 Corinthians 2:12 that we have not received the spirit of the world, but we have received the Spirit who is from God. The reason for this is so that we may understand what God has freely given us.

When we do understand that, we understand that he needs to be given both the freedom and opportunity to work within us to the maximum possible degree. Only in that way shall we continue in the process of becoming like Jesus. That, after all, is what our lives are about.

About The Author: A K Whitehead
Web Site: www.christianword.co.uk
Email: akw@christianword.co.uk
Experience: Over twenty years in Christian healing and teaching.
Qualifications: B.A., M.Phil., Camb Univ Cert in Religious Studies
Conditions of use: This article may be reproduced on condition that it is unaltered and that all this information is included.

Guided Meditation To Make You Whole

By Carl Walker

Guided meditation is a form of stress relief that is conducive to relaxing the whole body, in part by finding a way of peaceful and calming relaxation from within the body. Guided meditation may utilize soothing photographs or scenarios to enhance the ability of the mind to relax and guide the body to a point of relaxation so that the person in meditation can find a true sense of inner peace. Quite often, guided meditation will be accompanied by soft music or sounds of nature.

One of the keys to successfully having a session of Guided meditation is finding an area where the one meditating will be free of distractions. Any outside interference will prevent proper concentration and make the attempts at guided meditation futile and perhaps even frustrating, further aggravating the problem seeking to be solved by the very use of guided meditation.

After finding a suitable location for guided meditation, other factors need to be taken into consideration. Some practitioners of guided meditation feel that visual stimuli can be used to help achieve a sense of

Meeting Jesus In Meditation

inner peace and help to achieve true relaxation. Still other practitioners of guided meditation feel that any outside visual stimulation will detract from the mind's ability to properly focus on the body and the results of the guided meditation will be hindered or even reversed.

The same can be said for audio stimulation during sessions of guided meditation. While some individuals believe that soothing sound effects or even quiet music is conducive to the guided meditation, still others believe that it is only a hindrance and will do nothing more than create a harmful atmosphere for the practitioner of such guided meditation.

The basic concept of guided meditation is to relax. This is done by taking oneself on a guided tour of sorts through their own body. In the practice of guided meditation, it is normal to find a focus point in the body and begin there, someplace that is easy to relax. While staying focused on the body and in particular the muscles, the practitioner of guided meditation attempts to relax the muscles of the body. Allowing the body to completely relax allows the practitioner of guided meditation to next completely relax the mind.

When the mind and body are completely relaxed, the person can begin to concentrate on focusing his thoughts and ideas during the guided meditation. When using guided meditation, thoughts are usually thought to be transcendent and more in focus allowing the practitioner to perform better in all aspects of life. Whether or not guided meditation is right for a person is not only dependent on spiritual beliefs. Anyone contemplating the benefits of guided meditation must be seeking to improve themselves as a whole as well.

Free Self Improvement

examines all aspects of self improvement:

hypnosis, meditation, motivation, personal development, stress reduction.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!