



TEN TIPS ON HOW TO LEAD A CHRISTIAN MEDITATION GROUP

1. The group leader can plan and prepare for the weekly meeting in advance by listening to the John Main / Laurence Freeman CD or cassette taped talk so as to be able to lead any discussion or answer any questions regarding the content of the talk.
2. As meditators arrive for the weekly meeting the group leader can play suitable quiet music to calm members down from the busyness and stress of family / work concerns and prepare them for the contemplative atmosphere of the group meeting.
3. If a newcomer arrives at the meeting in advance of the start time the group leader can welcome the newcomer, go over the agenda of the meeting, and suggest the reading of the leaflet "What is Christian Meditation" (5 minutes' reading time) or other suitable material. This gives the newcomer at least some idea of the nature and content of the teaching and practice before the meeting starts.
4. Many group leaders prepare and make available printed hand-outs on various aspects of the teaching (e.g. the mantra, distractions, life of John Main, etc.) for members of the group as well as other pertinent material including a variety of books for sale on Christian meditation by various authors.
5. The group leader can light a candle before the meeting begins, symbolic of the presence of Christ and the words of Jesus. Where two or three are gathered in my name there I am in the midst of them".
6. At the beginning of the meeting the group leader can welcome any newcomers, introduce them by name, welcome other members of the group, and may wish to comment on the title and the nature of the talk at the meeting.
7. While this suggestion is optional (as are others), the group leader may wish to reduce the lighting or completely turn off all lights for both the recorded talk and the meditation period itself. This semi-darkness or total darkness enables meditators to give their full attention to the work at hand of listening to the talk and meditating without visual distractions.

8. If newcomers are present and the recorded talk does not include a full explanation of "how to" meditate the group leader can give this instruction at the end of the talk and before the meditation period itself. Another solution when newcomers arrive is for the group leader to select a Side A cassette tape of a John Main talk where John Main always repeats the "how to".

9. A means of timing the meditation period is important. The group leader has a number of options including the very popular timing tapes on CD's or cassette tapes. These pre-recorded timing tapes consisting of music, 25 minutes of silence and music, are widely available for sale or can be produced by group leaders who have the recording capability on their sound equipment.

10. At the end of the meditation period, depending on the time availability, the group leader has the opportunity to make any announcements pertinent to the group, ask for any questions, and/or ask for any insights or observations regarding the talk. If a newcomer is at the talk for the first time the group leader can spend some time with this person after the end of the meeting to see if the newcomer has any specific difficulty or question(s) regarding the teaching or the practice.

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