

## Weekly Readings 17/3/2013



**From Fr. Laurence Freeman: Dearest Friends, January 1997**

### **WCCM International Newsletter**

Meditation is about living in the moment of Christ as John Main understood so deeply. It is not about thinking of Christ as he was or how he will come again but about being with him now and being transformed in his being.

This is not a static historical moment, but a flowing, a flowering and an unfolding of the mystery of Being itself. . . .

To practice meditation is the only way to learn what meditation means and how its meaning is much more than it may seem to those who want to get something short-term out of it; and much much more than those who think that by meditating they are making something happen. By learning to meditate we come to understand how we should say the mantra and the way we say the mantra is very much the way we are, the way we love and the way we love day by day.

We should say the mantra without impatience, without force or any intention of violence. The purpose of the mantra is not to block out thoughts. It is not a jamming device. If thoughts attack us while we are meditating we turn the other cheek. In saying the mantra gently we learn from Him who is gentle and humble of heart. . . . Our lives will, day by day, become the commentary on our prayer. Our prayer will then no longer consist in endlessly commenting on our lives. We will ourselves permanently have become prayer, which is the goal of the Christian way.

**After meditation: Rumi, an excerpt from ?Love with No Object,? THE SOUL OF RUMI, tr. Coleman Barks (New York: HarperCollins, 2001), p. 168.**

Have you seen someone fall in

love with his own shadow? That's what we've done. Leave  
partial loves and find the one

that's whole. Where is someone who can do that? They're  
so rare, those hearts that carry

the blessing and lavish it over everything. Hold out your  
beggar's robe and accept

their generosity. Anything not coming from that will damage  
the cloth, like a sharp stone

tearing your sincerity. Keep that intact, and use clarity;  
call it discernment,

You have within you a deciding force that knows what to  
receive, what to turn from.

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