

LEADING-EDGE SPIRITUAL THOUGHT

Lecture 11: Silence, Meditation and Prayer

Study Guide

I. INTRODUCTION

II. THE VIRTUES OF SILENCE

III. WHY MEDITATE?

1. The Ultimate Purpose of Meditation: to reach the source of life and consciousness

2. Benefits of Meditation

1. Physical

2. Mental/Emotional

3. Spiritual

3. ACIM Teaching on Meditation

IV. MEDITATION AND PRAYER

1. Types of Prayer

1. Intercessory/Petitionary

2. Adoring/Worshipping

3. Contemplation

4. Affirmative prayer as practiced by Truth students

2. Differences Between Prayer and Meditation

V. MEDITATIONAL TIPS & TECHNIQUES

1. Regular Practice

2. Sacred Space

3. Gradually Increase Duration

4. Combine Prayer With Meditation

5. Body Position

6. Eyes

7. State of Mind

1. Mindfulness Meditation

2. Concentration Meditation

8. The IAM Meditation