

THE SCHOOL OF CHRISTIAN MEDITATION NEWSLETTER



The Next Step - The School's Second Retreat

Life After Launch - What's Next

Schoenstatt: A Spa for the Soul

Having engaged in the first retreat you will find, if you have engaged fully with the material, that you are involved in a deep learning process. And so, following on from the Launch on the 4th of April, we will offer another Half-Day Retreat (a) to keep you on track with your mantra meditation, and (b) to take you further in your understanding of using the mantra in today's world. The second Half-Day of Meditation is titled 'Allowing Christ's Presence to be the Supreme reality of our Consciousness.' To enable this we learn to be silent, still and attentive in His presence within us. The grounds here at Schoenstatt extend 17 acres and are an ideal place for meditation, on this retreat we will take our mantra meditation out into the grounds and into the Shrine

R e s e a r c h findings tell us that SILENCE is one of the most important things for our brains.

Use your Mantra from beginning to end!

for part of the retreat. We will demonstrate that your meditation is not your own, but the prayer of Jesus. Your mantra is so simplistic that our modern day minds can find ways of wondering about its real efficacy, it can seem so easy that we sometimes require this support to realise the only requirement we all need is total selflessness expressed in absolute abandonment of all of our thoughts, imagination, insights and, above all, our own prayers. This is our openness to the prayer of Jesus in our heart.

Your retreat director, when you are using this method, will eventually sound as if he is constantly saying the same thing to you when asked, 'after years, should I stop saying my mantra and simply rest in the meditation,' his answer will never waver, it is, 'say your mantra from start to finish.' Repeat it throughout the twenty to thirty minutes. Eventually you will be

released from your concepts, ideas, words, and thoughts, all the

Remember your Contemplative Prayer

'I weave a silence around my lips, my mind, my heart. Calm me Lord as you stilled the storm. Still me Lord, and keep me from harm. Let all the tumult within me cease. Enfold me in your loving peace.'

SCHOENSTATT SCOTLAND



open to the infinite love of God, our 'now' is indeed eternal in simplicity, faithfulness and poverty.



The Shrine on a Summer's day is a wonderful place to spend some time, listening to the birds and the outside breeze, with the door slightly ajar. The peace and calm becomes captivating and focusses us on what we are there to achieve.

Always be open to the mysterious presence of the Spirit.

Every time you sit down to meditate, you enter into a pilgrimage.