

## Meditation for March 19, 2021

When I was recently asked to participate in providing a number of articles for our Meditation ministry, the first thoughts, that came to me were; why am I interested in the Meditations; what exactly does meditation mean to me. Here are some of my thoughts regarding these questions.

Why am I interested in our meditation? The answer is as simple as I enjoy the time, I take for myself for a few moments to sit, to relax my mind and body, while reading someone else's thoughts on a subject that is of interest to them. I have found that I enjoy the articles.

What exactly does meditation mean to me? Well, I have set up a little routine, which usually includes along with the sitting, a hot beverage while reading and or, listening to soft music. I have found that these actions, while focusing on the daily meditation, aids me in getting my mind off the things of the day-to-day life that may be a stress builder.

I started wondering how close my thoughts on Meditation to a proper definition are. To see if I was anywhere close, and as my dictionary is probably a decade or two old, I "Googled it".

Google states that there were **11,100,000 Results** available. Asking my wife Connie for her input, we narrowed the number down a bit, to our personal choices of a few extremely, basic types of Meditation being defined. The third definition is the one that we related to as being of the nature of our daily Meditation experience.

**Meditation** - *noun* - the action or practice of meditating. A written or spoken discourse expressing considered thoughts on a subject; think deeply or carefully about something.

**Meditation** - is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior.

**Meditation** is simply focused thinking, a practice for observing thoughts and for being more mindful of them throughout the day, with Christian Meditation being described as the process of deliberately focusing on specific thoughts (such as a bible passage) and reflecting on their meaning in the context, of love of God.

**Christian meditation is rooted in the Bible.** In fact, the Bible commands us to meditate. In Joshua 1:8, God says to meditate on His word, day and night so we will obey it. The psalmist says, his delight is in the law of the Lord, and in His law, they meditate day and night (Psalm 1:2).

With many folks experiencing many different emotions during these stressful times, the bottom line is, Meditation is something everyone can benefit from and do to improve one's mental, emotional health. You can do meditation anywhere, without special equipment, using whatever methods works for you. Our experiences with meditations have been positive.

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