

A WAY TO CONTEMPLATE

Dom John Main, O.S.B. (1926-1982)

Sit down.

Sit still and upright.

Close your eyes lightly.

Sit relaxed but alert.

**Silently, interiorly begin to say
a single prayer word or mantra.**

**Listen to it as you say it,
gently but continuously.**

**Do not think or image anything
—spiritual or otherwise.**

**If thoughts and images come,
these are distractions
at the time of contemplation,
so keep returning
to simply saying the word.**

**Contemplate each morning and evening
for between twenty and thirty minutes.**

**Contemplation is very simple,
no stages, no steps, just 1-2-3:**

- 1. Sit down;**
- 2. Say your prayer word;**
- 3. Let go of all thinking!**