A WAY TO CONTEMPLATE
Dom John Main, O.S.B. (1926-1982)

Sit down.
   Sit still and upright.
Close yours eyes lightly.
   Sit relaxed but alert.
Silently, interiorly begin to say a single prayer word or mantra.
   Listen to is 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!

Contemplation Handout 01, Baltimore Green Forum, Sunday, 27 November 2011