

meditation on the passion

meditation on the passion is a profound spiritual practice that invites individuals to deeply reflect on the suffering and sacrifice of Jesus Christ during His Passion. This meditation serves as a powerful tool for personal transformation, fostering empathy, humility, and a greater understanding of Christian faith. By engaging in meditation on the Passion, believers can connect more intimately with the events leading to the Crucifixion, enhancing their prayer life and spiritual growth. This article explores the historical background, significance, various methods, and practical applications of meditation on the Passion. Additionally, it highlights key benefits and offers guidance on incorporating this meditation into daily devotional routines.

- Historical Background of Meditation on the Passion
- Significance and Spiritual Benefits
- Methods and Practices for Meditation on the Passion
- Incorporating Meditation on the Passion into Daily Life
- Common Challenges and Tips for Effective Meditation

Historical Background of Meditation on the Passion

Meditation on the Passion has deep roots in Christian tradition, tracing back to the early Church Fathers and monastic communities. This form of meditation gained prominence during the Middle Ages, particularly through the works of mystics and saints such as St. Francis of Assisi and St. Ignatius of Loyola. These figures emphasized the importance of contemplating Christ's suffering as a means of spiritual purification and union with God. Over centuries, various devotional practices evolved, including the Stations of the Cross and Passion plays, which visually and mentally engage the faithful in the Passion narrative. Understanding this historical context enriches the practice and highlights its enduring relevance.

Origins in Early Christianity

In the first centuries after Christ, early Christians engaged in prayerful reflection on the Passion to deepen their faith and prepare for martyrdom. Scriptural readings from the Gospels formed the basis for these meditations,

focusing on key moments such as the Agony in the Garden, the Trial before Pilate, and the Crucifixion. This contemplative approach was both a source of comfort and a call to discipleship amid persecution.

Medieval Developments and Mysticism

During the medieval period, the Passion became central to devotional life, influenced by mystics who experienced intense visions and insights into Christ's suffering. St. Francis of Assisi's stigmata and St. Bridget of Sweden's revelations popularized vivid, affective meditation techniques. The practice was further systematized by St. Ignatius of Loyola in his Spiritual Exercises, which guide practitioners through imaginative contemplation of the Passion scenes.

Significance and Spiritual Benefits

The meditation on the Passion holds profound theological and spiritual significance. It invites believers to enter into the mystery of Christ's redemptive suffering, fostering a transformative encounter with divine love and mercy. This meditation nurtures virtues such as compassion, patience, and gratitude, while also encouraging self-examination and repentance. By meditating on the Passion, individuals can experience a deeper connection to the core of Christian faith and a renewed commitment to live according to Gospel values.

Theological Importance

The Passion represents the culmination of Christ's earthly mission, signifying the sacrifice made for humanity's salvation. Meditation on this event helps believers grasp the depth of divine grace and the cost of redemption. It also highlights themes of forgiveness, obedience, and hope, which are central to Christian doctrine.

Psychological and Emotional Benefits

Engaging with the Passion narrative through meditation can provide emotional healing and resilience. Reflecting on Christ's endurance of suffering can inspire courage in facing personal trials and foster empathy towards the suffering of others. This practice may reduce anxiety and promote inner peace by aligning one's experience with a larger spiritual purpose.

Methods and Practices for Meditation on the

Passion

There are various structured and flexible methods for practicing meditation on the Passion, each suited to different spiritual needs and contexts. These include scriptural meditation, imaginative contemplation, prayerful reflection, and guided devotional exercises. Incorporating sensory elements such as sacred music or visual aids can enhance the depth of the meditation.

Scriptural Meditation

This method involves reading and slowly reflecting on specific Gospel passages that describe the Passion. By focusing on the words and imagery, practitioners can enter into the scenes and contemplate their meaning. Common passages include the Last Supper, the Agony in the Garden, the Trial, the Crucifixion, and the Death of Christ.

Imaginative Contemplation

Popularized by St. Ignatius of Loyola, imaginative contemplation encourages meditators to place themselves within the Passion events, imagining the sights, sounds, and emotions experienced by Christ and those around Him. This immersive approach can deepen empathy and personal connection to the narrative.

Use of the Stations of the Cross

The Stations of the Cross is a widely practiced devotional exercise that guides believers through fourteen specific moments of the Passion. This method combines prayer, meditation, and physical movement, often performed in church settings or privately. It helps structure meditation and provides a tangible way to engage with the Passion.

Practical Tips for Effective Meditation on the Passion

- Choose a quiet and comfortable environment free from distractions.
- Begin with prayer, asking for guidance and openness to the Holy Spirit.
- Read the chosen Passion passage slowly and attentively.
- Use imagination to visualize the scene and the emotions involved.
- Reflect on the personal significance and lessons derived from the

meditation.

- Conclude with a prayer of thanksgiving or petition related to the insights gained.

Incorporating Meditation on the Passion into Daily Life

Integrating meditation on the Passion into daily routines can enhance spiritual discipline and provide ongoing nourishment for faith. This practice can be adapted to fit various schedules and lifestyles, from brief moments of reflection to extended prayer sessions. Consistency is key to experiencing the full benefits of this meditation.

Daily Devotional Practices

Setting aside a fixed time each day, such as morning or evening, for meditation on the Passion helps establish a rhythm of spiritual attentiveness. Combining this meditation with other devotions, like the Rosary or Eucharistic adoration, can deepen its impact. Journaling insights and prayers related to the Passion can also aid in spiritual growth.

Seasonal Observances

The liturgical seasons of Lent and Holy Week offer special opportunities to intensify meditation on the Passion. During these times, additional prayers, fasting, and participation in church services support a more profound engagement with the Passion narrative. Many believers find that their meditation during these seasons enriches their understanding and appreciation of Christ's sacrifice.

Common Challenges and Tips for Effective Meditation

While meditation on the Passion is deeply rewarding, practitioners may encounter challenges such as distraction, emotional overwhelm, or difficulty in sustaining focus. Addressing these obstacles with practical strategies can improve meditation quality and spiritual fruitfulness.

Overcoming Distractions

Distractions are common during meditation and can be managed by creating a dedicated, quiet space and setting a specific time for practice. Techniques such as mindful breathing or gently redirecting attention to the meditation focus help maintain concentration.

Managing Emotional Responses

Reflecting on the Passion can evoke intense emotions, including sorrow or compassion fatigue. It is important to approach these feelings with openness and seek support if needed. Balancing meditation with uplifting prayers and community involvement can provide emotional stability.

Maintaining Consistency

Consistency in meditation practice enhances spiritual growth. Establishing realistic goals, using reminders, and varying meditation methods can sustain interest and commitment. Engaging with a spiritual director or prayer group also offers encouragement and accountability.

Frequently Asked Questions

What is meant by 'meditation on the Passion'?

Meditation on the Passion refers to the reflective practice of contemplating the suffering, crucifixion, and death of Jesus Christ, aiming to deepen one's faith and spiritual connection.

Why is meditation on the Passion important in Christian spirituality?

It helps believers to empathize with Christ's sacrifice, grow in humility and love, and find meaning in suffering by uniting their own struggles with Jesus' Passion.

How can beginners start meditating on the Passion?

Beginners can start by reading Gospel accounts of the Passion, using guided meditations or prayers such as the Stations of the Cross, and setting aside quiet time for reflection.

What are the Stations of the Cross and how do they relate to meditation on the Passion?

The Stations of the Cross are 14 steps depicting Jesus' path to crucifixion. Meditating on each station allows believers to spiritually walk with Jesus during His Passion.

Can meditation on the Passion help with personal suffering?

Yes, by reflecting on Jesus' suffering and sacrifice, individuals can find comfort, strength, and hope in their own trials and pain.

Are there specific prayers used during meditation on the Passion?

Common prayers include the Sorrowful Mysteries of the Rosary, the Stations of the Cross prayers, and traditional litanies focusing on Christ's sufferings.

How does meditation on the Passion differ from other forms of Christian meditation?

Meditation on the Passion specifically focuses on Christ's suffering and sacrifice, whereas other forms may focus on His teachings, resurrection, or biblical virtues.

What role does scripture play in meditation on the Passion?

Scripture provides the foundational narrative and details of Jesus' Passion, offering a rich source for reflection and spiritual insight during meditation.

Can meditation on the Passion be practiced outside of Lent and Holy Week?

Yes, while it is especially emphasized during Lent and Holy Week, meditation on the Passion can be a meaningful spiritual practice year-round.

How can technology enhance meditation on the Passion?

Apps, online guided meditations, audio reflections, and virtual Stations of the Cross can provide accessible and immersive ways to engage with the Passion.

Additional Resources

1. *Meditations on the Passion of Christ*

This classic devotional book invites readers to deeply contemplate the suffering and sacrifice of Jesus Christ. Through vivid reflections and prayers, it helps believers enter into the emotional and spiritual reality of the Passion. The meditations encourage a personal encounter with Christ's love and redemption.

2. *The Passion: Meditations on the Suffering of Christ*

Offering a series of thoughtful reflections, this book guides readers through the various moments of Christ's Passion. Each meditation focuses on different aspects such as betrayal, trial, and crucifixion, fostering empathy and spiritual growth. It's designed to deepen understanding and devotion during Lent or Holy Week.

3. *Jesus Through the Eyes of Mary: Meditations on the Passion*

This book explores the Passion of Christ from the perspective of His mother, Mary. It provides heartfelt meditations that reveal the sorrow and strength she experienced. Readers gain insight into the human and divine dimensions of the Passion, enhancing their prayer life.

4. *The Way of the Cross: Meditations on the Passion*

A guided meditation on the Stations of the Cross, this book offers prayers and reflections for each station. It helps readers walk spiritually alongside Jesus, contemplating His suffering and love. Ideal for both personal devotion and group prayer settings.

5. *Passion and Compassion: Meditations on Christ's Suffering*

This collection of meditations emphasizes the compassionate love revealed in Christ's Passion. It encourages readers to unite their own sufferings with those of Jesus, finding hope and healing. The meditations are accessible and profound, suitable for daily reflection.

6. *In the Shadow of the Cross: Meditations on the Passion of Christ*

Through poetic and scriptural reflections, this book invites readers to dwell in the mystery of the Cross. It highlights the redemptive power of Jesus' suffering and calls for a deeper trust in God's providence. The meditations inspire surrender and transformation.

7. *From Gethsemane to Calvary: Meditations on the Passion*

This book traces the journey of Jesus' Passion starting from His agony in the garden to His death on the cross. Each meditation provides historical context, scriptural insights, and prayerful contemplation. It's a valuable resource for Lent and Holy Week preparation.

8. *Heart of the Passion: Meditations on Christ's Love and Suffering*

Focusing on the emotional and spiritual heart of Jesus during the Passion, this book offers intimate reflections. It helps readers connect with Christ's love amid His pain and encourages a response of love and gratitude. The meditations are deeply moving and spiritually enriching.

9. *The Passion in Prayer: Meditations for Spiritual Renewal*

Designed to foster spiritual renewal, this book uses the Passion as a centerpiece for prayer and meditation. It includes guided reflections, scripture passages, and questions for personal growth. Readers are invited to renew their faith through a closer union with Christ's suffering and victory.

Meditation On The Passion

Find other PDF articles:

<https://generateblocks.ibenic.com/archive-library-602/pdf?ID=Pgr82-4537&title=polk-county-business-license.pdf>

meditation on the passion: Meditations on the Life and Passion of Our Lord Jesus Christ Johann Tauler, 1875

meditation on the passion: Meditation on the Passion of Our Lord Jesus Christ, According to the Four Evangelists Carlo M. de Vera d'Aragona, 1866

meditation on the passion: Meditations on the passion of our lord Jesus Christ, according to the four evangelists, by the abbot of Monte Cassino (C.M. de Vera). Ed. [in Engl.] by the bp. of Brechin Carlo Maria de Vera, 1866

meditation on the passion: Meditations on the passion of Our Lord Jesus Christ ... Translated into English by the Rev. Henry Rutter. Third edition, corrected and enlarged COURBON (Curé de Saint Cyr.), 1833

meditation on the passion: Meditations on the Passion of Our Lord Jesus Christ Brother Philip, 2023-05-10 Reprint of the original, first published in 1872. The publishing house Anatiposi publishes historical books as reprints. Due to their age, these books may have missing pages or inferior quality. Our aim is to preserve these books and make them available to the public so that they do not get lost.

meditation on the passion: Meditation on the Passion Preserving Christian Publications, 2012-09-18 Fr. Walsh, editor

meditation on the passion: Example of the Passion Arthur Crawshay Alliston Hall, 1882

meditation on the passion: Fifty Meditations on the Passion Alban Goodier, In this timeless classic, Alban Goodier offers fifty profound meditations on the Passion of Christ, inviting readers to embark on a transformative journey of spiritual reflection. Originally written as a private devotional aid in 1909, these contemplations have stood the test of time, providing a wellspring of inspiration for generations of Christians seeking to deepen their understanding of and connection to the suffering and sacrifice of Jesus. With each meditation, Goodier masterfully guides the reader through the events of the Passion, from the agony in the garden to the crucifixion and resurrection, illuminating the profound love and mercy of God revealed in these sacred moments.

meditation on the passion: Meditations on the Sacred Passion of Our Lord Nicholas Patrick Wiseman, 1898

meditation on the passion: Contemplations and meditations on the passion and death of ... Jesus Christ, according to the method of saint Ignatius, tr. from [Méditations selon la méthode de st Ignace] by a sister of mercy, revised by a priest [F. Hathaway]. Frederick Hathaway, 1867

meditation on the passion: Forty Meditations on the Passion of Our Blessed Saviour for the Forty Days of Lent. Translated from the Évangile Médité [edited by A. B. D'Icard Duquesne, from Materials Collected by B. Giraudeau]. By T. C. [i.e. Sir T. H. Clifford, Afterwards Clifford Constable].

To which is Prefixed, The Passion of Our Lord Jesus Christ, According to the Harmony of the Four Evangelists , 1814

meditation on the passion: Contemplations and Meditations on the Passion and Death of Our Lord Jesus Christ, according to the method of Saint Ignatius. Translated [from vol. 4 of C. M. A. de Brandt's "Méditations ... sur la vie et sur les mystères de N. S. Jésus-Christ"] ... by a Sister of Mercy. Revised by a Priest, S. J. [i.e. Frederick Hathaway.] , 1867

meditation on the passion: Pepysian Meditations on the Passion of Christ Mayumi Taguchi, Yoko Iyeiri, 2019-05-07 The Middle English prose 'Pepysian Meditations on the Passion of Christ' (PMPC) survives uniquely in Cambridge, Magdalene College, MS Pepys 2125 and has not previously been published. It is one of several Middle English translations of the Passion sequence of the pseudo-Bonaventuran Latin 'Meditationes Vitae Christi' (MVC). This part of the MVC circulated independently and in this form is known in modern scholarship as the 'Meditationes de Passione Christi' (MPC). The editors argue that although the Middle English version in Pepys 2125 followed the model of the MPC, it is probable that the translation derives directly from a recension of the MPC. Although the translator handles the original with a degree of freedom, the text is not indebted to other sources. The Introduction includes an extensive description of the manuscript which is a late medieval devotional miscellany, and a detailed account of the language of the PMPC. It also addresses the textual tradition out of which the PMPC grew and the work of the translator. The edited text is followed by a commentary, glossary and bibliography.

meditation on the passion: Meditations on the Passion Johann-Baptist Metz, Jurgen Moltmann, 2012-07-01 And he began to teach them: 'The Son of Man must suffer many things, and be rejected by the elders, the high priests and the learned scribes, and be put to death, and after three days rise again. Mark 8:31-38. Two of the most eminent theologians of our age share their penetrating meditations on the passion of Jesus Christ as recorded in Mark 8:31-38. This is a book for anyone willing to respond to Christ's call to follow Him so that through His suffering and death our own is bearable. In the words of Moltmann, and as it becomes bearable, it has already been overcome and turned into joy. Metz exhorts his readers to contemplate the way of the cross: Only when we Christians give ear to the dark prophecy of the nameless, unrecognized, misunderstood, and misprised Passion do we hear aright the message of His suffering.

meditation on the passion: Margery Kempe's Meditations Naoë Kukita Yoshikawa, 2007 The author argues that 'The Book of Margery Kempe' unfolds a creative experience of memory as spiritual progress, and explores Margery's meditational experience in the context of visual and verbal iconography.

meditation on the passion: Lenten Meditations on the Passion and Death of Our Divine Saviour S. Fieu, 1885

meditation on the passion: The filial heart, meditations on the Passion Robert Lawrence Ottley, 1891

meditation on the passion: The devotion of Calvary; or, Meditations of the passion of Christ. Transl Jean Crasset, 1844

meditation on the passion: Love Set Free Martin L. Smith, 2013-01-03 We think of love as being selfless and unsullied, yet it is often mixed up with other conflicting emotions. These short meditations on the Passion narratives in John's Gospel show how love as we often understand it must die in order to be reborn as love set free.

meditation on the passion: Meditations on the Incarnation, Passion, and Death of Jesus Christ Catharina Regina von Greiffenberg, 2010-04-15 Read by Protestants and Catholics alike, Catharina Regina von Greiffenberg (1633-94) was the foremost German woman poet and writer in the seventeenth-century German-speaking world. Privileged by her social station and education, she published a large body of religious writings under her own name to a reception unequalled by any other German woman during her lifetime. But once the popularity of devotional writings as a genre waned, Catharina's works went largely unread until scholars devoted renewed attention to them in the twentieth century. For this volume, Lynne Tatlock translates for the first time into English three

of the thirty-six meditations, restoring Catharina to her rightful place in print. These meditations foreground women in the life of Jesus Christ—including accounts of women at the Incarnation and the Tomb—and in Scripture in general. Tatlock's selections give the modern reader a sense of the structure and nature of Catharina's devotional writings, highlighting the alternative they offer to the male-centered view of early modern literary and cultural production during her day, and redefining the role of women in Christian history.

Related to meditation on the passion

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of mediation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of mediation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be

a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("mental development") [note 1] and

Related to meditation on the passion

Yoga Music Relax Mind Body, Stress Relief Meditation Asmr, Mindfulness Meditation Music Only (YouTube on MSN5d) Add this yoga music in the background of your daily routine to

make your yoga sessions even more effective! Do you know that

Yoga Music Relax Mind Body, Stress Relief Meditation Asmr, Mindfulness Meditation

Music Only (YouTube on MSN5d) Add this yoga music in the background of your daily routine to make your yoga sessions even more effective! Do you know that

***Sauna Music* Thai Spa Music, Healing And Relaxing Music Meditation, Buddha Peace**

Soul Massage 813 (YouTube on MSN5d) Soothing Sounds, Calming Music, Relaxation Music with Nature Sounds. *Sauna Music* Thai Spa Music, Healing And Relaxing Music

***Sauna Music* Thai Spa Music, Healing And Relaxing Music Meditation, Buddha Peace**

Soul Massage 813 (YouTube on MSN5d) Soothing Sounds, Calming Music, Relaxation Music with Nature Sounds. *Sauna Music* Thai Spa Music, Healing And Relaxing Music

Meditation Secrets for Women: Discovering Your Passion, Pleasure, and Inner Peace

(Publishers Weekly3y) In this powerful book, the husband-wife team of Maurine and Roche explore the particular needs women have in meditation. They point out that most ancient meditation texts were meant for cloistered

Meditation Secrets for Women: Discovering Your Passion, Pleasure, and Inner Peace

(Publishers Weekly3y) In this powerful book, the husband-wife team of Maurine and Roche explore the particular needs women have in meditation. They point out that most ancient meditation texts were meant for cloistered

You can actually change the brain waves involved in depression and anxiety with this trick

(New York Post8mon) Here's another reason to hit the "pause" button and find your zen. A new study found that meditation influences key regions of your brain responsible for emotional regulation and memory, offering new

You can actually change the brain waves involved in depression and anxiety with this trick

(New York Post8mon) Here's another reason to hit the "pause" button and find your zen. A new study found that meditation influences key regions of your brain responsible for emotional regulation and memory, offering new

The 5 Benefits of a Mortality Meditation, Part 1 (Psychology Today9y) I used to have an old episode of Peanuts tacked to the wall in my office. It showed Snoopy talking with a fruit fly, whose life span is only 24 hours and who confides his one regret: "I wish I knew at

The 5 Benefits of a Mortality Meditation, Part 1 (Psychology Today9y) I used to have an old episode of Peanuts tacked to the wall in my office. It showed Snoopy talking with a fruit fly, whose life span is only 24 hours and who confides his one regret: "I wish I knew at

Meditation's Benefits Stretch Beyond the Person Who Meditates (Scientific American3mon)

Listening to the daily news, with stories of war and conflict, can be disheartening. Unsurprisingly, data suggest that a majority of Americans feel exhausted and hopeless when they think about

Meditation's Benefits Stretch Beyond the Person Who Meditates (Scientific American3mon)

Listening to the daily news, with stories of war and conflict, can be disheartening. Unsurprisingly, data suggest that a majority of Americans feel exhausted and hopeless when they think about

THE KING, CRUCIFIED AND RISEN: Meditations on the Passion and Glory of Christ

(Publishers Weekly22y) This collection of daily readings from Ash Wednesday to Divine Mercy Sunday (the Sunday after Easter) is a kind of sequel to Groeschel's Behold, He Comes, a book of meditations on the birth of Christ

THE KING, CRUCIFIED AND RISEN: Meditations on the Passion and Glory of Christ

(Publishers Weekly22y) This collection of daily readings from Ash Wednesday to Divine Mercy Sunday (the Sunday after Easter) is a kind of sequel to Groeschel's Behold, He Comes, a book of meditations on the birth of Christ

Cardinal Newman: Mental Sufferings of Our Lord in His Passion (National Catholic

Register1y) Editor's Note: As we enter into Holy Week and prepare our hearts and minds for the Passion of Christ, here are St. John Henry's meditations on the "Mental Sufferings of Our Lord" for reflection. EVERY

Cardinal Newman: Mental Sufferings of Our Lord in His Passion (National Catholic

Register1y) Editor's Note: As we enter into Holy Week and prepare our hearts and minds for the Passion of Christ, here are St. John Henry's meditations on the "Mental Sufferings of Our Lord" for reflection. EVERY

Back to Home: <https://generateblocks.ibenic.com>