



From Anxiety to Peace (Meditatio)

John Main

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Spiritual awareness and growth are high priorities for many people today. Meditation is the path to growth, the way to deepen our own commitment to life. In the tradition of meditation the space for the expansion of our spirit is to be found in silence. Through contact with the Life Source we can begin to understand the mystery of our being and to realize our potential to enter into fullness of life, fullness of love, and fullness of wisdom. The practice of meditation is quite simple, but it requires discipline in repeating a mantra again and again. Once rooted, it flourishes.

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