



CHARIS MEDITATION

An Interspiritual Meditation Practice

VERTICAL MEDITATION INSTRUCTIONS

1. Take a moment to allow a symbol, word, image, memory, or feeling of sacredness to arise within you; this will represent your consent and willingness to allow a process of transformation and revelation within.
2. Sit in a posture appropriate for meditation, and make a personal prayer, intention, or invocation to begin your meditation practice.
3. Close your eyes and become aware of your natural breathing rhythm for a few moments.
4. Now introduce the symbol of your intention and consent gently and silently into your heart; then release the symbol, resting in simple awareness and trust.
5. As you become aware of actively engaging with thoughts, feelings, or sensations, gently reintroduce the symbol of your intention and consent, and then let it go again. (Note: Engaging thoughts, feelings, or sensations is different from simply having them.)
6. At the end of your meditation, make a simple prayer or dedication to conclude your meditation (e.g., by offering the fruits of your meditation to the benefit of all sentient beings and/or to bringing about the Kingdom of Heaven on Earth).
7. Practice this meditation daily, ideally for a minimum of 20 minutes twice a day.

HORIZONTAL MEDITATION INSTRUCTIONS

1. Begin a daily practice of spiritual reading or listening, choosing from traditional scriptures or mystical classics, philosophy or wisdom literature, poetry, naturalist or sacred activist writings, or contemplative or practice-oriented teachings from contemporary teachers. The passages or teachings need not be long, but are rather chosen for slow consideration. (Note: One might also choose to spend quiet time in nature, or with works of art or music in similar periods of prayer from time to time.)
2. Practice reading or listening for contemplation rather than information. Read slowly or listen deliberately and carefully, being ready to stop and reflect on any word or idea that catches your interest, or calls to you in a way you might not understand. Feel free to move into silence for extended periods of time while you read or listen. The direct meaning of the words or ideas are less important than the resonance you feel. When the words begin speaking to you directly in the context of your life right now, the practice is working.
3. Explore these ideas with any method of contemplation you choose, seeking to ground yourself in an applicable understanding of them in order to manifest them in your daily life.