

Additional Ways to Contemplate

Somewhat similar in concentrating attention is listening contemplatively to music. While keeping the analytical mind as silent as possible, we let the music permeate our being.

In a way similar to the use of a mantra, one can concentrate on a single visual object.

Without cognitive thinking one simply gazes at a cross, a candle flame, a flower, a picture of Christ, etc.

Still another way to open ourselves to a free flow of awareness is by imagining moving images. We can either sit quietly to receive whatever images float to the surface of conscious awareness, or we can direct the imagery to the extent of choosing the general picture, and then allowing the scene spontaneously to unfold.

Meditation and Contemplation

Meditation and contemplation may follow each other in natural sequence. The relationship between meditation and contemplation can be even closer than following each other in close sequence. The two may coalesce as elements in a single holistic experience. At the beginning of a spiritual pilgrimage, logic and emotion, reason and intuition seem divergent or even contradictory. As one progresses to new states of consciousness these elements become aspects of a unified whole.