Contents

Introduction	7
1. What Is Prayer?	9
2. How Do We Pray?	15
3. The Christian Tradition of Meditation	22
4. John Main: His Life and His Teaching	27
5. The Practice	34
6. The Fruits of Meditation	40
7. "Progress": The Journey	44
How to Meditate	50
Scripture	51
Books and Recorded Talks on Meditation	56
The Vision of John Main	57
The World Community for Christian	
Meditation (WCCM)	59