

# *Contents*

<i>Introduction</i>	vii
<i>Biography of John Main</i>	xiii
<i>How to Meditate</i>	xvi
Peace	1
Purity of Heart	7
We Possess the Mind of Christ	12
The Vision of Unity	16
Experiencing Tradition	20
Contacting the Centre	25
The Aim of Meditation	29
Unity and Union	33
Creative Energy	37
The Context of Meditation	41
Truth	45
Time and Reality	50
Levels of Distraction	54
The Ordinary Shot through with the Extraordinary	59
Liberty of Spirit	63
Open to the Moment of Love	68

Learning to Expect Nothing	71
Everything that Is One	77
Being Present Now	81
Hope	85
<i>Bibliography and Recorded Talks</i>	89
<i>About The World Community for Christian Meditation</i>	91