

El camino de la meditación. Momento de Cristo

Moment of Christ. The Path of Meditation

JOHN MAIN

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SUMMARY

The practice of meditation is not only found in the spiritual disciplines of the East, but also in the Christian tradition. It involves imageless and silence prayer through repetition of a *Mantra: Maranatha*. This word centers the whole subject in the presence of Christ. The tradition of Western monasticism was assumed by Main from its roots, walking towards a contemporary Theology of meditation based on St. Paul's letters, who understands the real presence of the risen Christ in human heart. Convivium Press is honored to publish for the first time in Spanish his last writing: *Moment of Christ. The path of meditation*, including a Prologue written by Laurence Freeman osb, current Director of the *World Community for Christian Meditation*.

AUTHOR

John Main, a Benedictine monk, born in London in 1926, rediscovered Christian Meditation in the 20th Century and proposed it to contemporary women and men seeking sense in their lives. His Teacher was a Hindu Monk, Swami Satyananda, who transmitted him the technique of Hindu Meditation during his youth. Later John Main discovered that similar practices existed in Christian tradition. When he entered the Benedictine order, Main resumed the practice of meditation while founding in the writings of John Cassian a parallel with mantra meditation: the suppression of thought and image, the repetition of a short phrase to facilitate this letting go, the concept of the poverty of spirit throughout prayer. Main moved to Canada in 1977, to open a house of prayer in Montreal and died in 1982.