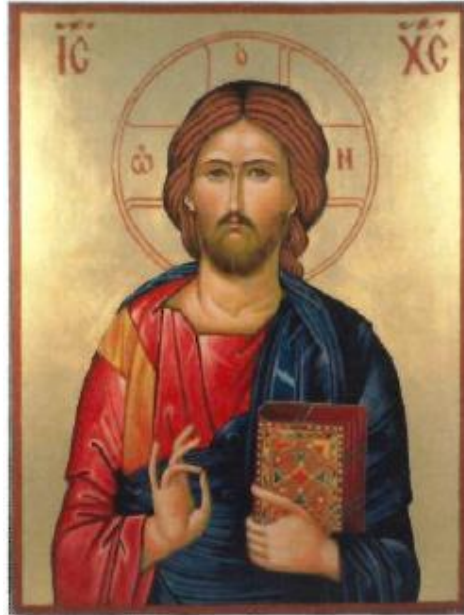


Jesus Christ Pantocrator



Meditation: The Jesus Prayer

This meditation focuses on the sacred name of Jesus.

Settle where you are comfortable. Sitting is best. Lying down induces sleep!
Settle. Close your eyes.

A few deep breaths to help your mind and body settle together.

Deep breaths but not to the point of strain.

When settled, simply repeat over “to Yourself” the short prayer phrase:
“Jesus have mercy”

The only instruction is to repeat the prayer under your breath, rather
effortlessly.

When you lose the prayer, find you are thinking of other things, gently return
to praying over *“Jesus have mercy”*.

Meditate this way for some 10-15 minutes.

Then take your time to slowly open your eyes. Sit in silence awhile.

This is an ancient technique of Christian meditation. Much is written about the Jesus prayer or the prayer of the Heart. You may know this already. There are longer versions at www.orthodoxprayer.org.

The key is to practise the prayer in God’s presence. You can exercise it while walking, even swimming! It is simple, yet profound, like the Eucharist.