

# ***One-Minute Meditation***

**A Practical, Pastoral, & Powerful Way to Pray**

**A Workshop with Tom Zanzig**

## **A Few Basics**

- ❖ *Faith* is a personal love relationship that, like most relationships, grows and develops “one minute at a time.”
  
- ❖ *Prayer*: communication in a relationship of love
  
- ❖ *Types of prayer* mirror modes of personal communication:
  - Initial conversation .....Vocal, formulaic prayer
  - Deeper, honest conversation ..... Personal, spontaneous prayer
  - Memory, imagination, dreaming . . . . . Meditative prayer
  - “Resting” in the presence of the other . . . . Contemplation
  
- ❖ Universal call to contemplative life: awakening to and consciously living in the presence of God; waking up and staying awake; “pray always” (1 Thes. 5:17)
  
- ❖ Elements of prayer:
  - Intention: the desire to pray
  - Attention: a focus for prayer, while remaining open to the promptings of the Spirit
  - Time

# Personal Practice of One-Minute Meditation

The following are suggestions for *beginning* the practice of one-minute meditation. But **note**: This is *not* a magic formula for prayer. Experiment, test what works for you, trust yourself and follow your heart. Be patient, with both the method and yourself, but be willing to adapt your practice as your experience it.

## Helpful hints:

- ◆ Catch your breath and let it lead you.
  
- ◆ Make up a mantra.
  - Have a “default” prayer.
  
- ◆ Find a prayer partner.
  
- ◆ It’s not about the words; imagery, sound, and imagination in prayer.
  
- ◆ Meditate in the moment.
  
- ◆ Resist self-criticism. Remember, to intend to pray *is* to pray.
  
- ◆ Be patient with yourself, with the practice, and with God. It’s not about “success,” Mother Teresa taught us, but faithfulness.

# Communal Practice of One-Minute Meditation

- ❖ A great seasonal practice—e.g. for Advent or Lent. Introduce during all Masses before the season, then support with bulletin mini-essays, posters, etc.
  
- ❖ Ask everyone—i.e. *all* ages—to commit to the *daily* personal practice of one-minute meditation.
  
- ❖ Then incorporate the *communal* practice of one-minute meditation into the life of the parish throughout the season. E.g.:
  - Include a meditation after communion at all Masses
  - Open and/or close all parish meetings with the practice
  - Ask all religious education programs—including the parish school—to include the practice.
  - Suggest that priests include the practice in all one-to-one spiritual direction—including Reconciliation.
  
- ❖ After the seasonal practice is done, include the practice on an occasional basis as the situation suggests—e.g. during local or national crisis, after natural disasters, to honor particular persons, etc.