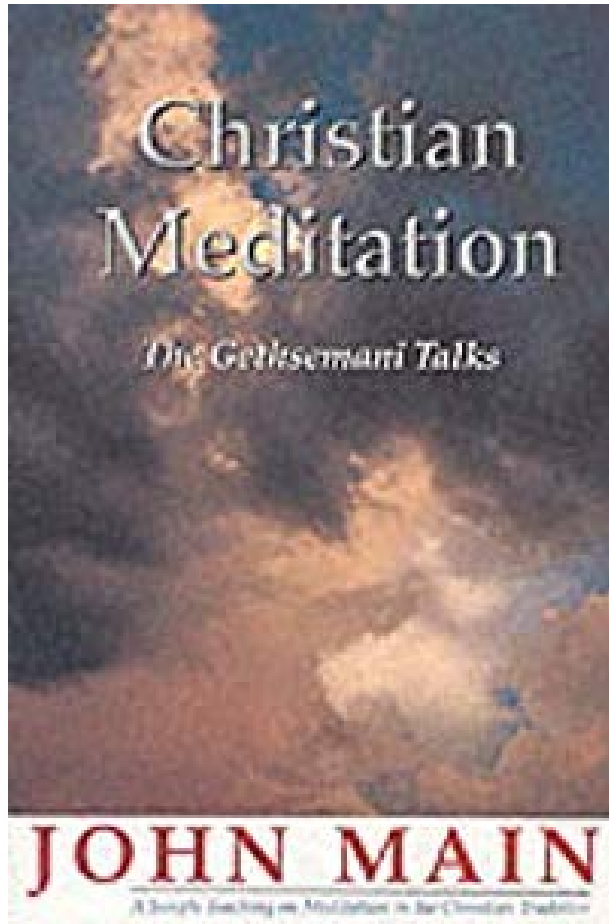


# Christian Meditation



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These conferences were given at the Abbey of Gethsemani, and provide an introduction to the way of meditation in the Christian tradition. John Main describes his own spiritual journey on this way and shows how it is a path open to all who wish to open themselves to the wonder of God.>