

How to meditate

I. Preliminaries

Within 5 minutes:

Introduction

- Standing: Presence of God
- Kneeling: Preparatory Prayer

Preludes

- Subject/Topic
- Mental image
- Special grace

II. Body of Meditation

Within 15 minutes:

USE OF MEMEMORY

- What was it all about? Recall the points of meditation/mental hooks.
- Choose one that strikes you most.

USE OF INTELLECT

- What is considered?
- What practical conclusion/ application can I make?
- What are the motives: becoming, useful, agreeable, easy or necessary?
- How did I observe this until now?
- What is to be done in the future?
- What obstacle to be removed?
- What means to be taken?

At least 5 minutes before the end

USE OF WILL (COLLOQUIES)

- Excite affections & make a heart-to-heart talk with God concerning your situation/findings.
- Make a specific & practical resolution based on your present circumstances & solid motives.
- If you have difficulties, beg & insist God's assistance, invoke the Blessed Virgin Mary and your favourite Saints.
- Close with an Our Father or other vocal prayer slowly recited.

III. Conclusion

Last 5 minutes - Stay focused

- Confirmation of resolution
- A saying/sentence to recall & summarize your meditation.
- Examine & rate your performance.

How to contemplate

I. Preliminaries

Within 5 minutes:

Introduction

- Standing: Presence of God
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Preludes

- Subject/History
- Mental image
- Special grace

II. Body of contemplation

Within 15 minutes

PERSONS (Lights)

- Look at the person(s) involved.
- Reflect to draw profit from what you see.

WORDS (Camera)

- Listen to what the person(s) say(s).
- Reflect to draw profit from it.

WORKS (Action)

- Consider what the person(s) do(es).
- Reflect to draw some fruit from these details.

At least 5 minutes before the end

COLLOQUIES

- Think over what you would say to the person(s) involved in this event.
- Have a heart-to-heart talk with the person(s) involved according to the lights/inspirations received.
- Beg and insist on the special grace or that which you need most in your present circumstances.
- Close with an Our Father or other vocal prayer slowly recited.

III. Conclusion

Last 5 minutes - Stay focused

- Confirmation of resolution/conclusion
- A saying/sentence to recall & summarize your contemplation.
- Examine and rate your performance.

Examination of Conscience

Adore, give thanks, beg for light, the day review;

Ask for a contrite sorrow for sin.