



He Is Risen Indeed

An Easter Meditation Series

Volume 3

Dedicated to Father Jerry Hardy and Madeline Gerrard

Chapter 1

Orientation in the Use of this Series

There are twenty-one meditations in the *He Is Risen Indeed* Easter series. Therefore, for manageability and practical reasons, the series has been broken up into three volumes, following Holy Week, Easter Week, and the seven Sundays of Easter.

First, for our purposes in this series, we hold a specific meaning for meditation. Some think of meditation as a synonym for prayer. Others refer to meditation as “thinking.” For our purposes, we hold a highly specific definition of meditation as a structured, disciplined, and dedicated process to allow God to speak directly to our hearts, minds, and/or spirits. That is, it is “a listening.” Therefore, by this definition, meditation is not a time for us to speak to God, either for intercessions or for thanksgiving or praise. As advised in Ecclesiastes, “... there is a time to speak,” But, now is not that time. Now is “...a time to be silent....”

The meditations appearing in this manuscript follow a category of meditation known as Lectio Divina (Kaisch, 162-182). The main attraction to Lectio Divina for a meditations series like this that follows Gospel readings from a traditional season of the church is that Lectio prepares us in such a way that we, first, with faith and grace from God, close our connectedness to all things of this world, connect our hearts, minds, and spirit to God, followed by a living out of the words and life of Christ in a state beyond time, space, and physics. We are transcended by God into His world where He speaks directly to us, sometimes with undeniable clarity, sometimes in undetectable ways, and sometimes by His silence to our minds (but who knows but God of what may be recorded beyond our temporal sensory capabilities in our hearts and spirits.)

Other categories of meditation, however, for those who would like to expand their experiential horizons beyond Lectio, abound. These other types are:

- Contemplative Meditation
- Monologistic Prayer, like the Jesus Prayer (CF: Anonymous. R.M. French, trans. *The Way of the Pilgrim*. San Francisco: Harper & Row, 1965.)
- Sensory Meditation
- Recollection

For our purposes, expect to be guided by God, using the meditation method of Lectio Divina, into an experience with Christ through the Gospels of the season.

Second, journaling is an important component in your spiritual growth and development. For your convenience, a Reflections Journal appears as the last chapter of this book. Feel drawn by God to record His revelations to you. Do not feel obligated, however, to use this form of journal. Whether you journal in the Reflections Journal or another form of diary, is immaterial. It is the journaling process that is important.

Third, these meditations follow the *Book of Common Prayer* Gospel readings for the season of

Easter, beginning with Palm Sunday daily through Easter Sunday and throughout Easter Week, followed by each of the seven Sundays of Easter. If you were counting on your fingers and toes, you noticed that we have twenty-one meditations in the *He is Risen Indeed* series. Considering that each meditation lasts at least twenty minutes, that is a lot of mediation. It is for this reason that the *He Is Risen Indeed* Easter series has been divided into three volumes. Regardless, do not feel compelled to engage in a structured meditation following the daily schedule of Easter Gospel readings as contained herein. It is more important that we are ready to listen to God, not rushing to complete the meditation series. So, if it takes six months to complete the series, or if you skip half of them, do not be concerned, but rather feel drawn into your conversations with God, as He desires. You will know when the time with Him is just the right amount. Trust Him, not yourself, to gauge your schedule. If you feel drawn by God into a time of meditation, enjoy it. If you feel you are still absorbed in processing a past meditation, allow God to complete the process before moving on.

Finally, you may feel a particularly strong connection to God after a meditation. As you reflect on these revelations, prayerfully consider sharing your conversation, and any resultant change in your life or the lives of others, beyond your immediate sphere of influence. Should you desire editorial assistance in organizing your thoughts, I will be more than willing to help, as I am sure, will others close to you. As you share your mediations with me, depending on the topic and available space, it may be shared on our website and/or in a future meditation publication.

Chapter 2

Gospel Readings for the *He is Risen Indeed* Series (from Lectionary A, *Book of Common Prayer*.)

Holy Week - Vol 1

"Blessed is the Name of the Lord" - Palm Sunday - Matthew 21:1-11

At Dinner - Monday of Holy Week - John 12:1-11

Seeing Is Seeing - Tuesday of Holy Week - John 12:37-38, 42-50

My Betrayals - Wednesday of Holy Week - John 13: 21-35

Yes, Wash My Feet, Lord - Maundy Thursday - John 13:1-15

Alone With Pilate - Good Friday - John 19:1-37

With Joseph of Arimathea - Holy Saturday - John 19:38-42

Easter Week - Vol 2

He Is Risen Indeed !! - Easter Sunday - John 20:1-10

First Meeting - Monday - Matthew 28:9-15

With Mary at the Tomb - Tuesday - John 20:11-18

On the Road to Emmaus - Wednesday - Luke 24:13-35

How Can This Be? - Thursday - Luke 24:36b-48

Fishing Once Again - Friday - John 21:1-14

Strengthen Our Faith - Saturday - Mark 16:9-15, 20

Sundays of Easter - Vol 3

Breathe on Me, Jesus - 2d Sunday of Easter - John 20:19-31

How Can I Explain This to You? - 3d Sunday of Easter - Luke 24: 13-35

Teach Me to Hear You, Lord - 4th Sunday of Easter - John 10:1-10

Bestow Your Power in Me, O Lord - 5th Sunday of Easter - John 14:1-14

Make Me Good Fruit, O Lord - 6th Sunday of Easter - John 15:1-8

Praise Be To Thee, O Christ - 7th Sunday of Easter - John 17:1-11

Chapter 3

He Is Risen Indeed - An Easter Meditations Series

Breathe on Me, Jesus

2d Sunday of Easter - John 20:19-31

Opening Prayer

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

Gospel Reading

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, "We have seen the Lord!"

But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it."

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."

Thomas said to him, "My Lord and my God!"

Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name. [John 20: 19-31]

Meditation

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes.

Visualize all the things that trouble you evaporate from your body like steam from the street after a summer storm, leaving your body restful and content.

Visualize yourself with the disciples seated around the room, talking comfortably about His resurrection and the important changes this will mean for all of you. Suddenly, Jesus comes into the room and seats Himself between you and Andrew. Hear Jesus explain that He will not be with you much longer, but will impart the Holy Spirit to you before He goes. He says, "Receive the Holy Spirit." At that, feel His breath on you and Andrew. Feel the eternal power of God wash over you. For several minutes, allow the Holy Spirit, directly from God, of God, and of Christ, to stir your thoughts and your feelings.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

Sharing Your Vision with Others

If you are so called, turn to your Reflections Journal and, using the guidelines provided, share your mediation with us. Regardless of how insignificant you feel your meditation might have been, your small candle may become a floodlight for others. So, with all humility, prayerfully consider sharing Christ's revelations in your life with us so that we might share them with others.

How Can I Explain This to You?

3d Sunday of Easter - Luke 24: 13-35

Opening Prayer

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

Gospel Reading

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?"

"What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but him they did not see." He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus acted as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, "It is true! The Lord has risen and has appeared to Simon." Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread. [Luke 24: 13-35]

Meditation

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Visualize all the things that are distracting your attention dissipate from your consciousness like ripples disappearing from a small stone tossed in a pond, leaving your mind peaceful and empty of distractions.

Visualize yourself, along with the disciples, walking purposefully on the road to Emmaus. Everyone, including yourself, is talking about the events of the last two days, each one attempting to find some explanation of how Jesus had suffered, died, buried, and now risen from the dead. Suddenly, you notice a man has joined you, almost out of nowhere. After listening for a few minutes, He says, "How foolish you are. Did not the Christ have to suffer these things and then enter His glory?" As He is speaking, several around you recognize Him a Jesus, risen from the dead, as Mary Magdalene had said. Shortly, you find that you are walking right beside Him, with James and Andrew. He looks over at you and says, "You surely see the power of faith and trust in me. What things can you see in your life that can be explained only through the power of your prayers?" After reciting a few answered prayers in your life, Jesus begins to comment on them. Listen for several minutes to Him as He opens your eyes further still to the Kingdom of God.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

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Teach Me to Hear You, Lord

4th Sunday of Easter - John 10:1-10

Opening Prayer

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

Gospel Reading

“I tell you the truth, the man who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. The man who enters by the gate is the shepherd of his sheep. The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger’s voice.” Jesus used this figure of speech, but they did not understand what he was telling them.

Therefore Jesus said again, “I tell you the truth, I am the gate for the sheep. All who ever came before me were thieves and robbers, but the sheep did not listen to them. I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

[John 10: 1- 10]

Meditation

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes.

Visualize all the things that are distracting your attention dissipate from your consciousness like ripples disappearing from a small stone tossed in a pond, leaving your mind peaceful and empty of distractions.

Picture yourself living in a small town in the time of Jesus. It is late afternoon as you leave your house and set onto the street. Feel the sun on your face as you walk down the street. As you step off the street into a dry field, full of sheep, smell the drying grain blowing in the wind. Catch a whiff of the cattle, as they graze lazily on the hillside. As you often do, you find yourself walking slowly up the hill. At the crest of the hill, you see a man in a white outer garment sitting under the shade of a tree. As you approach, He calls you to sit with Him. You immediately recognize Him as the man you have heard many times in the Temple. His calming voice has always been like a magnet to your heart and your soul and this time is no different. As you sit with Him, He asks you all about yourself. Hear yourself tell Him about your youth, where you grew up, your early family life and your life up to the present. He asks if you know how much

He loves and cares about you and your family. During this time together, the discussion of prayer and communicating with God comes up. He asks you how you hear - truly hear - God. Hear yourself describe your process of prayer and listening for God's voice. As you finish, Jesus begins to give you better insights in how to listen to God. For several minutes, listen carefully to the ideas He gives you and as your meditation comes to a close, quickly jot down the thoughts He has provided.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

Sharing Your Vision with Others

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Bestow Your Power in Me, O Lord

5th Sunday of Easter - John 14:1-14

Opening Prayer

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

Gospel Reading

“Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”

Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him.”

Philip said, “Lord, show us the Father and that will be enough for us.”

Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you are not just my own. Rather, it is the Father, living in me, who is doing his work. Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the miracles themselves. I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it. [John 14: 1 - 14]

Meditation

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Visualize all the distractions that divert your mind rise off your body like steam rising from a warm bathtub, leaving you peaceful and empty of distractions.

For this meditation, picture yourself as you are today. Look into the center of your heart. Picture there all the things that are important to you, all the things that are beyond precious. List them in your mind. As you complete counting all the things that are most dear to you, see Jesus in the center of your heart, surrounded by these things. Hear Him ask, "Which of these things would also be important to God and which of things are unimportant?" As you finish your assessment

for Jesus, hear Him ask, "As I have said, 'You may ask me for anything in My name, and I will do it'. What would you ask of Me now?" For several minutes, describe in detail what you want of God in your life.

As you feel your meditation come softly to an end, allow God, through faith and trust in Him, to give you comfort and peace that His promise will fulfill your life, perhaps in the exact ways you envisioned, but perhaps not in the exact ways you envisioned. But have faith in this. Whatever is His desire for you, through His immeasurable love, will come.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

Sharing Your Vision with Others

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Make Me Good Fruit, O Lord

6th Sunday of Easter - John 15:1-8

Opening Prayer

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

Gospel Reading

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples. [John 15: 1 - 8]

Meditation

To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Feel all the things that trouble you become lifted from your shoulders, like someone invisible is physically lifting them from you, leaving your body light and at peace.

As you move into your meditation, envision that you are among the disciplines, seated around a table, listening to Jesus. Just before this teaching session, you were discussing with Andrew, James, and John that Jesus seemed to be using analogies to vines a lot over the past few days. Just then, He begins to speak. You hear Him say, "If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." After this He rises and leaves the room, leaving you with Andrew, James, John, and the others. You hear Andrew ask, "But what does He mean that we should bear much fruit?" Over the next several minutes, listen carefully to the discussion among them. After a time, you hear Andrew ask you, "What fruit do you think He intends for you to bear?" Hear yourself answer his question.

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon

you and know that this sensation will stay with you all day long.

As the days pass, observe the changes Jesus is making in your life from this reflection. Record any special coincidences or revelations in your Reflections Journal, calendar and/or on anything handy and refer back to them in two weeks.

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Praise Be To Thee, O Christ

7th Sunday of Easter - John 17:1-11

Opening Prayer

As I enter this special time with you, O Lord, quiet my mind, quiet my ears, quiet my heart, that I may fully enjoy this communion with you. Speak to my heart, that your words may become your works in the flesh and keep me ever mindful of the opportunities you place before me. Through Him who reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

Gospel Reading

After Jesus said this, he looked toward heaven and prayed:

“Father, the time has come. Glorify your Son, that your Son may glorify you. For you granted him authority over all people that he might give eternal life to all those you have given him. Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. I have brought you glory on earth by completing the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began.

“I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. Now they know that everything you have given me comes from you. For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. I pray for them. I am not praying for the world, but for those you have given me, for they are yours. All I have is yours, and all you have is mine. And glory has come to me through them. I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name—the name you gave me—so that they may be one as we are one. [John 17: 1 - 11]

Meditation

In some cases, it is not possible to live a meditation more powerful than to Scripture itself. This is again one of those times. To begin this meditation, find a comfortable spot where you will be uninterrupted for several minutes. Seat yourself comfortably. Breathe deeply and slowly for two to three minutes. Feel all the things that trouble you become lifted from your shoulders, like someone invisible is physically lifting them from you, leaving your body light and at peace.

As you move into your meditation, you find yourself seated alongside the disciples. As you observe the events unfold in this Gospel, allow God to lighten your heart by faith, with thanksgiving. Live the events, through unbiased eyes and ears, as they unfold.

"Praise be to Thee, Lord Christ."

Feel your meditation come softly to an end. Feel the refreshing sensation Jesus has placed upon

you and know that this sensation will stay with you all day long.

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Chapter 4

Reflections Journal

Record your reflections below. Consider sharing your reflections with us so that we might share them with others by emailing chip@chipcaldwellassoc.com or mail to:

Chip Caldwell
InnerPath Ministries
6226 Glynmoor Lakes Dr
Charlotte, NC 28277

Date	Scripture	Record your reflections, any coincidences that occurred in your life after the meditation or other thoughts worth recording for yourself below.

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