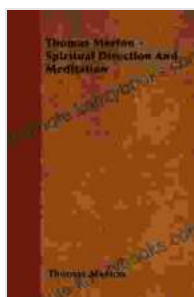


# Thomas Merton: A Guide to Spiritual Direction and Meditation

Thomas Merton was a Trappist monk and author who wrote extensively on spirituality, contemplation, and social justice. His writings have inspired generations of seekers, and his insights into the spiritual life continue to be relevant today.



## Thomas Merton - Spiritual Direction and Meditation

by Thomas Merton

★★★★☆ 4.6 out of 5

Language : English

File size : 1774 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Screen Reader : Supported

Print length : 114 pages



Merton was born in France in 1915. He converted to Catholicism in 1938 and entered the Trappist monastery of Gethsemani in Kentucky in 1941. He was ordained a priest in 1949 and spent the rest of his life at Gethsemani, writing, teaching, and practicing contemplation.

Merton's writings are characterized by their honesty, depth, and wisdom. He wrote about the challenges of the spiritual journey, the importance of silence and solitude, and the need for social justice. He also wrote

extensively about the practice of meditation, which he saw as a way to deepen our relationship with God and to find inner peace.

Merton's teachings on spiritual direction and meditation can help us to deepen our own spiritual journey. He reminds us that the spiritual life is a journey, not a destination, and that it is important to be patient and persistent. He also teaches us that silence and solitude are essential for spiritual growth, and that meditation can help us to find inner peace and to connect with God.

### **Merton on Spiritual Direction**

Merton believed that spiritual direction is an essential part of the spiritual journey. He wrote, "A spiritual director is someone who helps us to see ourselves as God sees us, and to love ourselves as God loves us." A spiritual director can help us to identify our strengths and weaknesses, to set goals for our spiritual growth, and to overcome obstacles that we encounter on the spiritual journey.

Merton believed that a good spiritual director should be someone who is experienced in the spiritual life, who is compassionate and understanding, and who is able to keep our confidences. He also believed that a spiritual director should be someone who is willing to challenge us and to help us to grow.

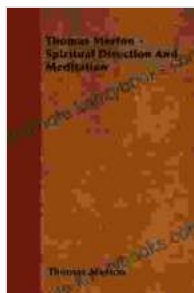
### **Merton on Meditation**

Merton believed that meditation is a powerful tool for spiritual growth. He wrote, "Meditation is the art of paying attention to God." Meditation can help us to calm our minds, to connect with our hearts, and to experience God's presence in our lives.

Merton taught a variety of meditation techniques, including centering prayer, mindfulness meditation, and contemplative prayer. He believed that the best meditation technique is the one that works best for each individual.

Merton also believed that meditation is not just about sitting still and emptying our minds. He wrote, "Meditation is not about emptying the mind, but about filling it with God." Meditation is about opening our hearts to God's presence and allowing God to transform our lives.

Thomas Merton was a gifted spiritual teacher who left behind a rich legacy of writings on spirituality, contemplation, and social justice. His teachings on spiritual direction and meditation can help us to deepen our own spiritual journey and to find inner peace and fulfillment.



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