



# Light Within: Meditation as Pure Prayer

*Lawrence Freeman*

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## **Light Within: Meditation as Pure Prayer** Lawrence Freeman

The Benedictine monk and writer, Laurence Freeman, took over the mantle of John Main after his death in 1982 and continues the work that he began, teaching Christians from all traditions the simplest way of prayer - meditation. It is simple in that it requires no words, yet encountering God without the safety barrier of our own thoughts and ideas is to open ourselves to total transformation. Each short chapter is full of practical advice and great spiritual insights in equal measure. They show how discovering the presence of Christ within through meditative prayer can give shape and purpose to everything we do and are: our actions, emotions, fears, longings, failings and dreams. As John Main taught, the point of this kind of prayer is to allow God's presence to become not just a reality, but the reality of our lives.

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